metro
NEW YORK CITY NO. 1 FREE DAILY IN THE U
Tuesday, November 10, 2015 metro.us | t: MetroNewYork | f: MetroNewYo

Ivory still key to Jets' success. 35

ROWING IS THE NEW SOULCYCLE

Is the new total-body workout craze right for you? 32-33

Peggy Guggenheim: Art's best friend. 28

FOOD FOR THOUGHT

Hidden stories of hunger in New York were captured in photos which are on display at the Brooklyn Historical Society. 6

MILES DIXON

COLLEGE HEAD RESIGNS

1 University of Missouri's president Tim Wolfe stepped down on Monday after protests by the school's football team and other students over what they saw as his soft handling of reports of racial abuse on campus. The high-profile resignation is the latest shock to the state of Missouri. REUTERS

FAST-FOOD STRIKE

2 U.S. fast-food workers will strike in 270 cities on Tuesday in a protest for higher wages and union rights that they hope will catch the attention of candidates in 2016 elections, organizers said. The walkouts will be followed by protests in 500 cities by low-wage workers in such sectors as fast food and home and child care, a statement by organizers of the Fight for $15 campaign said on Monday. Last December the group staged similar protests in some 200 cities. REUTERS

WHALE SHOW PHASEOUT

3 SeaWorld plans to phase out its killer whale show at its San Diego park next year as part of a comprehensive strategy to reposition the company amid criticism of how it treats orcas, the San Diego Union-Tribune reported. A new orca experience in a more natural setting will take its place and debut in 2017. REUTERS

7 THINGS YOU NEED TO KNOW

ONE DEAD, TWO WOUNDED IN SHOOTING

7 One victim was dead and two others were injured after a shooting near Penn Station on Monday morning that started in an area near McDonald's, police said. The NYPD said the fatal shooting happened just after 6 a.m. in the area of 35th Street and Eighth Avenue. Officials later said at a press conference a group of men started arguing at the McDonald's at 490 Eighth Ave., and the fight carried over to an A, C, E train subway entance at 35th Street. A 43-year-old man was shot once in the neck and died in the subway, police said. A 45-year-old man was shot in the neck and abdomen, and a 48-year-old man was shot in the leg. Both men were taken to Bellevue Hospital and are expected to survive. WENDY JOAN BIDDLECOMBE, METRO

ALL PHOTOS GETTY IMAGES

RUSSIA ATHLETIC DOPING

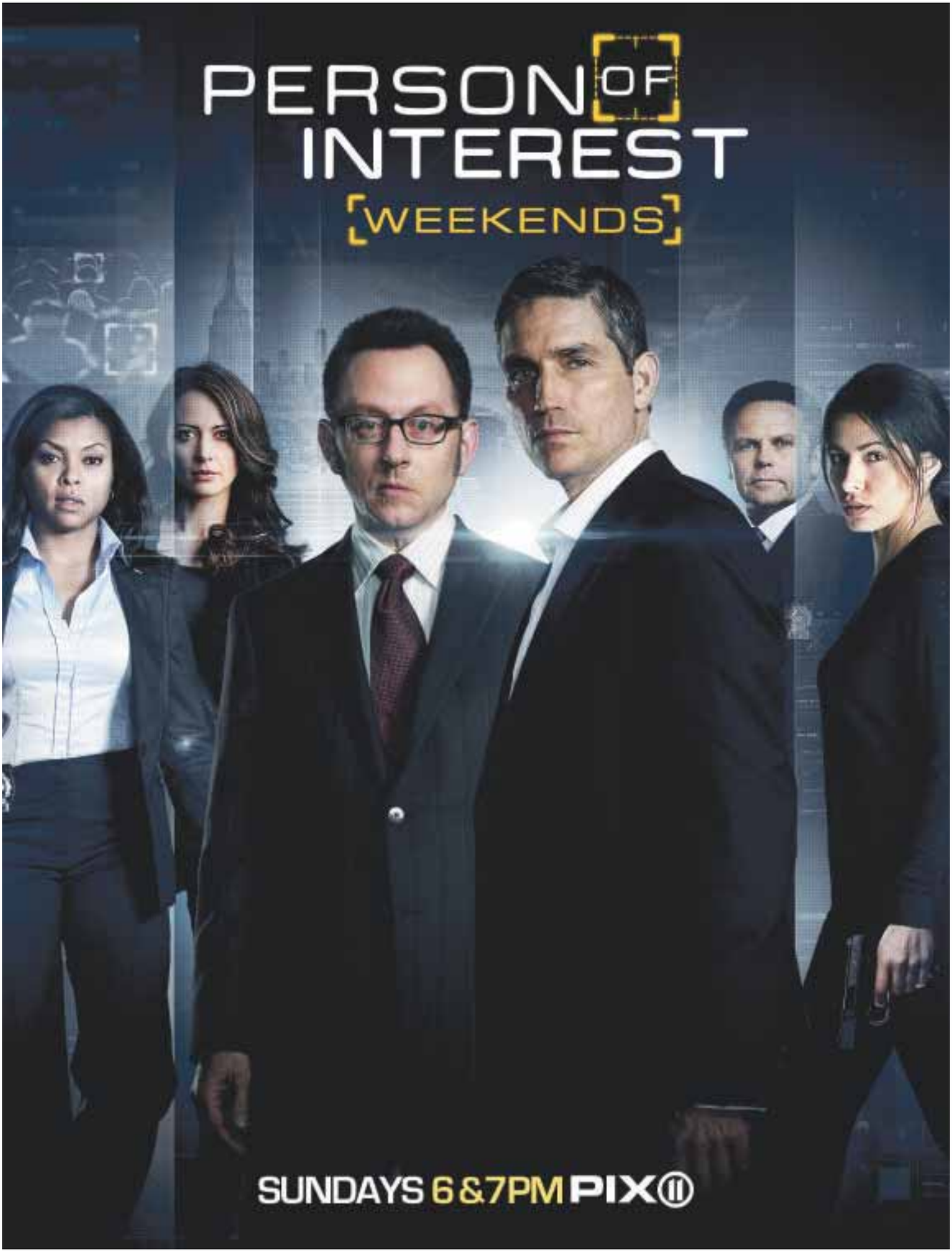
4 An international anti-doping commission recommended that Russia's Athletics Federation be banned from international competition over widespread doping offenses, a move that could see the Russian team excluded from next year's Rio Olympics. REUTERS

FRAT SUES ROLLING STONE

5 A University of Virginia fraternity sued Rolling Stone magazine on Monday for $25 million in damages over a discredited article about a 2012 gang rape at the fraternity. The Phi Kappa Psi chapter filed the defamation lawsuit in Charlottesville, Virginia, Circuit Court against Rolling Stone and writer Sabrina Erdely, the fraternity said in a statement. "Rolling Stone published the article with reckless disregard for the truth," it said. REUTERS

RODIN IN PARIS REOPENS

6 After three years of renovation, Paris' Musee Rodin reopens its doors this week, with new displays of the French sculptor's works. The museum now boasts a new layout, and previously unseen works as well as paintings from Rodin's personal collection, including paintings by Vincent van Gogh and Edvard Munch. REUTERS


PERSON OF INTEREST
WEEKENDS
SUNDAYS 6&7PM PIX11

BRIEF

UberPool ridership doubles in New York City

UberPool, the ride-sharing feature that lets strangers share Uber rides and costs, has recently seen twice as many New Yorkers using the service.

The service, which according to the New York Post is the city's "best new blind date spot," saw 50,000 riders in the last week of October, more than double the amount around Labor Day, according to the company.

"When we first launched UberPool in New York, we knew we'd be facing a big challenge," the company said in a press release Monday.

Uber attributed the spike in usage to increased effort in promoting the service.

"Getting New Yorkers to be comfortable with sharing their rides wouldn't be easy — especially at first. We also knew that UberPool could be a powerful tool in helping to reduce congestion in our city, so we invested heavily in discounts and promotions to encourage people to try pool and see how easy sharing an Uber could be."

The company, which sparred with city officials over a proposed cap until a truce was reached over the summer, claimed the increased amount of ride-sharing cut 60,000 miles of extra travel on the streets.

The rides are on average about 25 percent cheaper than a city cab or private Uber, according to the company.

WENDY JOAN BIDDLECOMBE

NOW is the time
to take care of YOUR BODY!
Varicose Veins
Leg Ulcers
Spider Veins
Pain/Burning
Restlessness
Heaviness
Swelling
Itching
Fatigue
Cramping
Frustrated with previous treatments, services and poor results?
Trust the doctor that cares about you!
Personal & discrete care delivered directly Ronald Lev, MD
Certified by the American Board of Venous and Lymphatic Medicine and the American Board of Anesthesiology
No downtime
15 minute minimally invasive procedures
Consistently ranked #1 Vein Doctor in NYC by our patients
Tired of long diets, juice cleanses & lotions?
Smart Lipo Laser Body Countouring
GET RID OF...
Body Fat
Sagging Arms
Double Chin
Cellulite & more
ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN
TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM
212.204.6501
111 John St, Ste 1450 (Bet Cliff & Pearl St), New York, NY 10038
EVENING APPOINTMENTS AVAILABLE!
¡Hablamos Español!
Most Vein Treatments Covered by Major Health Insurances including Medicare

Report: A tech scene grows in Brooklyn

A student works at a laptop FILE PHOTO

A new report projects Brooklyn's tech industry raking in $15.5 billion by 2025.

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

The Brooklyn tech scene is expected to rake in $15.5 billion by 2025, according to a report released by Brooklyn Tech Triangle on Monday.

Brooklyn's "Tech Triangle," which includes downtown Brooklyn, DUMBO and the Brooklyn Navy Yard, had an economic impact of $3.5 billion in 2012 and $5.3 billion this year.

$5.3B
ECONOMIC IMPACT OF BROOKLYN'S 'TECH TRIANGLE'

The area has 1,351 companies and 17,302 employees, up from 1,107 companies and 11,967 employees in 2012. The report says the growth will depend on more office space, which isn't growing as quickly as the area fills up.

The report found that if the tech sector continues to grow at the same rate, the realm will run out of commercial space by 2020.

Adam Enbar, who founded the Flatiron School that trains students how to be web developers, thinks that if the city is committed to Brooklyn's tech scene, the sector will grow and building developers will follow.

"If the full weight of the New York City government says we'll accomplish this, they will get it done," Enbar said.

Enbar said his company was concerned about the amount of space and infrastructure when they opened a Brooklyn campus two years ago, but said the city supported him in finding an affordable space from private developers.

Enbar, a former venture capitalist, said he thinks developers will easily catch on if there is a demand for office space.

"Technology begets more technology," Enbar said. "The people that work in tech go out and start tech companies in New York City."

ANNOUNCING NEW PLANS AND NEW BENEFITS FROM HEALTHFIRST

If you're uninsured at work or unhappy with your current plan, call us and set up an appointment. We'll help you find an insurance plan that's right for you and your budget.

Healthfirst provides plans with benefits such as:

- NEW: $0 copay for 2 sick visits
- NEW: Prescriptions as low as $3
- Dental and vision care for all ages
- A large network of doctors, specialists, and hospitals
- $0 copay for recommended preventive care visits

★ ★ ★ ★ ★
Get the only 5-star health insurance plan in NYC & LI.*

You may qualify for financial assistance or for our **NEW Essential Plans** with zero premium and zero deductible.

Before you select a plan, call us first

1-844-519-5775

Monday - Saturday, 8am - 8pm, during Open Enrollment

Or visit NYHealthfirst.org

healthfirst®
Health Insurance for New Yorkers

Plans are offered by affiliates of Healthfirst, Inc. Plans include exclusions and limitations. Benefits vary per your Healthfirst plan.
*2015 Quality Rating by NY State of Health, the official health plan marketplace. Based on indicators chosen by the New York State Department of Health and published in its 2014 publication *A Consumer's Guide to Medicaid Managed Care in NYC and on Long Island*.
QHP15_124 NYCPOO459

Portraits of Hunger in NYC features the photographs of Brooklyn-based photojournalist Joey O'Loughlin at Brooklyn Historical Society. MILES DIXON

NYC food insecurity in pictures

Joey O'Loughlin's "Hidden in Plain Sight: Portraits of Hunger" will be on display through November 2016.

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Three years ago, Brooklyn-based photojournalist Joey O'Loughlin started going to food pantries across the five boroughs in hopes of learning more about the people who relied on them and photographing them in their homes.

O'Loughlin chatted with people waiting their turn in the pantries — which she says could take up to three hours — and sometimes got a glimpse into their lives and kitchens.

"I did this for three years and the people in the photos up there were the only people who allowed me to go home with them," said O'Loughlin, who has worked on social justice projects in the U.S. and beyond. "Out of hundreds and hundreds of people, everyone else said no, and 15 people said yes. There is shame attached and stigma attached, and this is one of the reasons why people are not aware how deep the problem is."

O'Loughlin's project, for which she was not compensated, was in partnership with Food Bank for New York City.

The exhibition, which includes multimedia components, opened on Nov. 6 at the Brooklyn Historical Society. Many of the people she photographed for the show attended, O'Loughlin said.

An estimated 1.4 million New Yorkers rely on emergency food services. Food Bank estimates 339,000 children, 604,770 adult women, 204,000 seniors and 70,000 veterans rely on soup kitchens and food pantries in New York City. The organization serves about 64 million free meals a year.

> *"There is shame attached and stigma attached, and this is one of the reasons why people are not aware how deep the problem is."*
>
> O'Loughlin

But one photo can often tell the numbers better, said Food Bank President and CEO Margarette Purvis.

"These stories should bother us all," Purvis said.

In the three years since O'Loughlin started shooting, Purvis said Food Bank and other agencies are serving more of the working poor, as well as seniors, and in particular Chinese-American seniors.

"There are meal gaps in densely-populated neighborhoods, which the average New Yorker doesn't know about, how there are seniors lined up around the corner in the South Bronx to get into the basement of a church.

That's not on the news, and for us this exhibit provides us with an opportunity to bridge a gap of awareness, to showcase a story and the reality of so many New Yorkers that is more than sad. It shouldn't be acceptable," Purvis said.

The photos will be on display at the Brooklyn Historical Society through Nov. 13, 2016. There are also plans for a series of discussions about the subject raised by the photos.

"All these things are hot-button election issues, and a it's great place for people to go explore them," O'Loughlin said. "The one thing I want people to take away is that hunger really does exist. These are people sitting next to you on the subway, not Depression-era food lines. These things trickle down, and it's a cultural decision on how to live."

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Platelet Rich Plasma Therapy (PRP)

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasciitis (Heel and Arch Pain)

Take The Foot Health Checkup

- My toenails are streaked, discolored and thickened.
- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight– they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

Relief For Chronic Heel Pain

Now Featuring genesisplus™

New FDA Laser Treatment For Nail Fungus, Scars & Warts

CUTERA

New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of *The New York Times*

If any of these apply to you... Call today.

Patient is responsible for co-pays & deductibles

most insurance plans accepted complete family foot care laser surgery available

The Most Advanced Techniques Used For Bunions & Hammertoe Correction

Downtown location	Midtown location	
65 Broadway Suite 1103 Financial District NYC, NY 10006 212-486-7333	121 E. 60th St. New York City, NY 212-486-7333 **Paul Drucker DPM** **Jordan Drucker DPM**	235 East 22nd Street (between 2nd and 3rd Ave) 1 212-486-7333 184 east 70th st 212-772-3500

Win-Win Divorce Solutions, LLC

We aggressively fight to win our clients' divorce, support, and custody cases

Let our devoted team of attorneys provide you with the best, affordable legal advocacy to succeed in your divorce goals, while also protecting your **hard earned financial interests and the interests of your children.**

855-268-4946 Affordable • Aggressive • Successful

Our firm has worked with a wide range of clients, including athletes in the NBA, actors in NBC Studios, and politicians.

- **DIVORCE LITIGATION**
- **Child Custody**
- **Child Support**
- **Spousal Support**
- **Property & Asset Distribution**
- **Prenuptial & Postnuptial Agreements**
- **Separation Agreements**
- **Geographic Relocation**
- **Mediation**

Our firm **uniquely** employs **attorneys and M.B.A.'s** to expertly handle your **financial and business interests.**

Our firm **costs 50% LESS** than many other divorce law firms.

For your **luxury,** after every case, we send **all** our clients on a **FREE TRIP** to the beautiful **Fontainebleau Hotel in Miami Beach.**

NYC Office

The Random House Tower
1745 Broadway, 17th Floor
New York, NY 10010

Ph: 855-268-4946

Long Island Office

1979 Marcus Avenue
Suite 210
Lake Success, NY 11042

Ph: 516-960-7667

We provide our clients with a **FREE IPAD** so that we can always be there to communicate with you.

LitigateandWin.com

EmblemHealth
WHAT CARE FEELS LIKE.

$0 for a 2016 health plan? Yes, please!

EmblemHealth has plans for individuals and families — even $0 premium plans, if you qualify. Whatever your budget, we can help you find health insurance on the NY State of Health Marketplace that meets your needs.

Enroll in a health plan by December 15 for January 1 coverage

If you qualify for Medicaid, Child Health Plus or other coverage programs, you can apply anytime.

1-888-444-6107
TTY/TDD: **711**
8 am to 8 pm, seven days a week

Medicaid
Child Health Plus
nystate ofhealth
The Official Health Plan Marketplace

To learn more about applying for health insurance including Child Health Plus and Medicaid through NY State of Health: The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777. Group Health Incorporated (GHI), HIP Health Plan of New York (HIP), HIP Insurance Company of New York and EmblemHealth Services Company, LLC are EmblemHealth companies. EmblemHealth Services Company, LLC provides administrative services to the EmblemHealth companies.

Ignore beggars and they'll leave: Bratton

Mayor Bill de Blasio nodded at Commissioner Bill Bratton's suggestion that not giving money to panhandlers might help get rid of them.

CHESTER SORIA
@chestersoria
chester.soria@metro.us

Police Commissioner Bill Bratton tackles topic of homelessness. HANNAH MATTIX

New York City's top cop Bill Bratton suggested that any city dwellers upset about panhandlers setting up shop in their neighborhoods pay the beggars no mind.

"My best advice to the citizens of New York City — if this is so upsetting to you, don't give," Bratton said as Mayor Bill de Blasio nodded his head behind the commissioner. "One of the quickest ways to get rid of them is not to give to them."

The response came to a question during an unrelated press event by CBS New York about a homeless woman on the Upper West Side who in provided photos was seen setting up camp with beds, pets and litter boxes.

> *"If this is so upsetting to you, don't give."*
> Bratton

Bratton also spoke of the nuance of the laws officers that enforce around homelessness, including blocking or occupying public spaces.

The commissioner previously told Metro New York that the NYPD was in conversations with the city's Law Department on "reviewing existing laws and interpretations of those laws." Neither Bratton nor the Law Department elaborated on what those changes might include.

Meanwhile, de Blasio told reporters on Monday that both NYPD and homeless services respond to complaints about homelessness.

"The bottom line is we see a situation like this, it will be dealt with," de Blasio said.

As of Nov. 6, the city's Department of Homeless Services estimated more than 57,400 New Yorkers were living in city shelters.

NYC politicians push for Zadroga renewal

NYPD Lt. Marci Simms, 51, contracted cancer after responding to Sept. 11 more than 14 years ago. She was among more than 33,000 first responders and survivors with an illness related to the terrorist attack's aftermath.

She died on Nov. 5.

"We fear that number will only grow," Mayor Bill de Blasio said in front of City Hall on Monday, calling for the permanent funding of a bill designed to pay for medical treatment of the more than 72,000 first responders from around the country who tended to Ground Zero after the 2001 attack.

De Blasio released a letter addressed to the newly installed House Speaker Paul Ryan and signed by 24 leaders from cities and towns around the country in support of the full and permanent reinstatement of the Zadroga Act, which passed in 2010 but expired Oct. 1.

Virginia Congressman and Judiciary Committee Chairman Bob Goodlatte introduced his own bill. It would extend Zadroga for only five years — and reduce compensation to survivors and families by about 60 percent.

Rep. Carolyn Maloney blasted the House Republican leadership behind the bill for not consulting with any of the New York delegation, neither Democrats nor its two Republican members, in an attempt to avoid a full-court press of bipartisan support.

"They just threw it in on the day that [Speaker] Ryan was elected and hoping no one would notice, that no one would write about it," she said.

Lawmakers gathered at City Hall were confident that the bill they back has enough bipartisan support to pass with a floor vote. Still, the request for a permanent Zadroga Act is attached to an omnibus House budget bill expected to go to a vote on Dec. 11.

"It's not a New York challenge," Maloney added. "It's an American challenge." CHESTER SORIA

NJ Gov. Christie vetoes Atlantic City rescue package

The city's budget for fiscal 2015 ends on Dec. 31.

A driver moves his "push taxi" along the boardwalk in Atlantic City. GETTY IMAGES

New Jersey Gov. Chris Christie vetoed a legislative package aimed at rescuing Atlantic City, the state's troubled gambling hub, just before a deadline to act on Monday.

It was unclear what impact the vetoes would have on the city's budget. Christie, a Republican presidential candidate, signed one bill providing more state aid for Atlantic City schools.

Christie's so-called conditional vetoes on three of the bills allow lawmakers to adopt his suggested changes and send them back for his signature. A spokesman for Mayor Don Guardian said the mayor would reserve comment until he reviewed the governor's recommendations.

After initially criticizing the vetoes, Senate President Steve Sweeney released a statement with Christie later on Monday saying they "agreed to immediately sit down together, with consultation of interested parties, to construct a final and fast resolution path for Atlantic City."

The Democratic-led legislature passed the five-bill package in June, but Christie did not act all summer.

"It's incredibly unfortunate the governor chose to let these bills sit on his desk for months while he panders to voters across the country," the bills' sponsor, Democratic Assemblyman Vince Mazzeo said in a statement.

The city has lost its monopoly on U.S. East Coast gambling as neighboring states allow more casinos. The competition eviscerated Atlantic City's property tax base as casino values dwindled.

Christie said in his veto message that the bills "fail to recognize the true path to economic revitalization and fiscal stability" and that some provisions "simply shift resources to the city without requiring accountability."

In one of the main bills, Christie wants the state, not the city, to have control over $30 million of casino payments to the city in lieu of taxes this year and next year. The state could withhold that funding if the city does not agree to certain changes under a financial recovery plan, according to Christie's proposal.

Until state lawmakers revise that main bill in a way palatable to Christie, the city also will not get the $33.5 million in redirected casino revenues for this year's budget. REUTERS

Fourteen arrested in Baltimore 'war room' drug operation

Fourteen people have been arrested on drug charges after an investigation by a local-federal "war room" set up to fight soaring homicides and other crimes, authorities said on Monday.

Another six suspects facing indictments from the probe by Baltimore detectives and the Drug Enforcement Administration are still at large, Police Commissioner Kevin Davis said at a news conference.

The arrests and charges are the fruit of increased cooperation between federal agencies and Baltimore police after protests and rioting following the death in April of a black man, Freddie Gray, from an injury in police custody, Davis said.

"We look at people who are prone to committing violence again."

Davis

The homicide rate soared after Gray's death, and police blamed gang turf wars fueled by drugs looted from pharmacies. Baltimore has recorded 294 homicides this year, above the 211 for all of 2014, according to a running tally by the Baltimore Sun newspaper.

Officials have dubbed the coordinated investigations and crime-fighting teams the "war room."

"These partnerships are absolutely working," Davis said. "We look at people who are prone to committing violence again and again."

Eight handguns, one assault weapon, cocaine, marijuana and $2,300 in cash were also seized, police said. REUTERS

ANDREW MARC
SAMPLE SALE
LUXURY OUTERWEAR & APPAREL
PENN PLAZA PAVILION
ADJACENT TO HOTEL PENNSYLVANIA
401 7TH AVE (33RD ST)
STREET LEVEL ENTRANCE ON 7TH AVE
FOR INFORMATION 212 840 1090
VISA • MASTERCARD • AMEX • NO CHECKS • FINAL SALE
ANDREWMARC.COM
SATURDAY 11/07 10AM - 6PM
SUNDAY 11/08 10AM - 6PM
MONDAY 11/09 8AM - 7PM
TUESDAY 11/10 8AM - 7PM
WEDNESDAY 11/11 8AM - 7PM
THURSDAY 11/12 8AM - 7PM
FRIDAY 11/13 8AM - 7PM
SATURDAY 11/14 10AM - 6PM
SUNDAY 11/15 10AM - 6PM

WAREHOUSE SALE!

NEW & BETTER THAN EVER!

FOR 7 DAYS OUR WAREHOUSE IS OPEN TO YOU THE GENERAL PUBLIC

NO MEMBERSHIP | LOWEST PRICES EVER | WHOLESALE PRICES TO EVERYONE!

$2,000,000 WORTH OF INVENTORY THAT WE MUST MOVE AT LIQUIDATION TYPE PRICES!

ITEMS UP TO 70% OFF OF OUR ORIGINAL COST!! OUR LOSS = YOUR GAIN!

SINGER Sewing Machines! Overstocked Models Up To 60% OFF! ALL AT WHOLESALE PRICES!

7 DAYS ONLY!

Wed • Nov 11th 9:30 • 7:15
Thurs • Nov 12th 9:30 • 7:15
Fri • Nov 13th 9:30 • 7:15
Sat • Nov 14th 9:30 • 7:15
Sun • Nov 15th 11:00 • 6:00
Mon • Nov 16th 9:30 • 7:15
Tues • Nov 17th 9:30 • 7:15

Home Décor Fabrics 250,000 Yards Of Inventory To Sell at Ridiculously LOW PRICES HURRY IN...DON'T MISS OUT 54" VINYLS •EMBOSSED •PRINTS •SOLIDS $1.98 YD ORIGINAL VALUES TO $10.00 YD

Knitting & Crochet Yarn! "Coats & Clark", "Premier," "Caron" "Red Heart" And More! As Low As* 68¢

500,000 Yards Of Apparel & Dress Fabrics •Jerseys •Spandex •Denim •Microfibers • Laces • Cotton Prints •Party & Evening Fabrics and Much More! GENUINE LEATHER HIDES FROM $39.88

45" AFRICAN PRINTS $2.88 YARD

COUPON
SPRINGS 45" WIDE 100% COTTON FUN PRINTS $1.50 YARD
With This Coupon. Max. 10 yds. Per Customer
Offer Expires 11/17/15

INTRODUCING NEW DEPARTMENT
Wilton Cake Decorating Supplies Up To 40% OFF! Huge Selection Of Items

COUPON
PROCTOR SILEX BLOWOUT!
IRON • 2 SLICE TOASTER • HAND MIXER • MINI CHOPPER • CAN OPENER
Your Choice $5 With Any $20 Purchase
*Limit 2 Per Customer Strictly Enforced. Exp. 11/17/15

COUPON
FREE $10.00 GIFT CERTIFATE
FOR USE AT ANY SAVE-A-THON STORE
WITH PURCHASE OF $20 OR MORE AT WAREHOUSE SALE
Limit 1 Per Customer. offer Expires 11/17/15

* "limited quantities at this price/first come first served"

Like Us On Facebook: Save A Thon Stores Follow Us On Instagram: @SAVEATHON

All Major Debit & Credit Cards Accepted!

SAVE-A-THON
"NY'S LARGEST FABRIC, CRAFT, YARN & WILTON CENTER"

243W. 124TH ST
(BET. 7TH AND 8TH AVE)
IS EASILY ACCESSIBLE BY CAR, BUS, OR BY THE FOLLOWING TRAINS
1 2 3 A C B D

243 W. 124th St. NY. NY 10027

For Directions or Other Info (212) 866-9600 Ext. 301 or Email Saveathon3@aol.com

Pentagon to list sites as options other than Gitmo

There are still 112 detainees at Gitmo, of whom 53 are deemed eligible for transfer.

A detainee at the detention center at Guantanamo Bay, Cuba. GETTY IMAGES

The Pentagon is expected to unveil a long-awaited plan this week outlining how it would close the detention center at Guantanamo Bay, Cuba, despite fierce resistance in Congress to President Barack Obama's push to shutter the facility, officials said.

The plan would have four sections, one detailing potential U.S. alternatives for detainees, including the Centennial Correctional Facility in Colorado, one of the more promising locations, one U.S. official said.

A small Defense Department team has surveyed facilities including the Consolidated Naval Brig in South Carolina and the Federal Correctional Complex in Florence, Colorado, the Pentagon said.

It also examined two facilities at Fort Leavenworth, Kansas: the U.S. Disciplinary Barracks and Midwest Joint Regional Corrections Facility.

Obama, who campaigned for office on a pledge to close the facility, views it as a damaging symbol of detainee abuse and detention without charge inherited from Republican President George W. Bush.

The House of Representatives last week overwhelmingly passed a defense bill that included measures that would bar Obama from closing Guantanamo before he leaves office in 2017. The Senate is expected to pass it as soon as Tuesday.

Sen. John McCain, the Republican chairman of the Senate's top military committee, has publicly voiced his support for closing the facility, but sharply criticizes the failure to deliver a plan sooner.

Republican lawmakers are furious at suggestions that Obama might use an executive order to close the prison and move detainees to U.S. soil. The Republican Party has been working to make the issue part of the 2016 presidential campaign.

Pentagon spokesman Capt. Jeff Davis declined to specify when the plan would get to Congress, other than it would be "very soon." REUTERS

"Apparently they are going to try and rule through executive order, ignoring laws passed to block any such transfers of these terrorists."

Kansas Sen. Pat Roberts, speaking during a Republican Party media call

BRIEF

Europe depends on German approach to refugees: Tusk

Europe's future will depend to a large degree on Germany's approach to the migration crisis and other states should show more solidarity by jointly tackling this historic challenge, European Council President Donald Tusk said on Monday.

Europe is grappling with its worst refugee crisis since World War II and Germany so far has taken in the bulk of some one million people expected to arrive this year.

While Tusk has repeatedly stressed the urgency of tightening Europe's borders, Chancellor Angela Merkel has pushed for states to show solidarity and share responsibilities for refugees.

Merkel was initially celebrated at home and abroad for her welcoming approach to the refugees, many of whom are fleeing conflict in the Middle East. But as the flow has continued and German facilities have been stretched to the limit, the chancellor has come under increasing criticism.

Tusk described Germany and Merkel personally as examples of the best European values. REUTERS

Painful Varicose Veins & Swollen Legs?

Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

DO YOU SUFFER FROM

- ☑ Varicose Veins
- ☑ Spider Veins
- ☑ Itching and Burning
- ☑ Leg Pain and Cramps
- ☑ Heaviness and Swelling
- ☑ Skin Discoloration
- ☑ Ulcers and Blood Clots
- ☑ Difficulty Walking Long Distances

You may have a condition called venous insufficiency, which left untreated can lead to serious health complications. Our non-surgical, minimally invasive and painless endovenous procedure only takes 15 minutes.

Have you had prior vein treatment and are not satisfied with the results? USA Vein Clinics can help!

When it comes to your health, trust your legs only to the top vascular specialists at USA Vein Clinics.

Medicare and most insurances accepted! *Call us today to schedule your appointment*

(917) 717-5135

www.USAVeinClinics.com

NOW ACCEPTING **HEALTHFIRST!**

USA Vein Clinics

New York

1153 First Ave • Manhattan, NY 10065

2511 Ocean Ave, Ste 102 • Brooklyn, NY 11229

2444 86th St, Ste A • Bensonhurst, NY 11214

116-02 Queens Blvd • Forest Hills, NY 11375

1975 Hylan Blvd • Staten Island, NY 10306

NEW 260 W Sunrise Hwy, Ste 102 Valley Stream, NY 11581

NEW 4159 Broadway • Washington Heights, NY 10033

NEW 59-20 Myrtle Ave • Ridgewood, NY 11385

New Jersey

766 Shrewsbury Ave, Ste 300 • Tinton Falls, NJ 07724

Jordan officer kills 6, including two American contractors

Security sources said several earlier militant plots to attack the King Abdullah Training Center had been foiled.

A Jordanian officer shot dead two U.S. government security contractors, a South African trainer and two Jordanians at a U.S.-funded police training facility near Amman on Monday before being killed in a shootout, Jordanian authorities said.

President Barack Obama said he was treating the attack at the King Abdullah Training Center, in which three Jordanians and one Lebanese citizen were wounded, very seriously and a full investigation was under way.

The gunman was a police captain, a senior Jordanian official told Reuters. There was no immediate word on the attacker's background or motive. But Jordan is a staunch U.S. ally in the Washington-led campaign against Islamic State militants who hold large areas of neighboring Syria and Iraq, a position Jordanian officials say leaves the kingdom vulnerable to jihadist attacks.

"This incident sadly does not come as a surprise as the threat of Islamist terrorism has only increased in the region in the last few years in the aftermath of Syria and Iraq. As much as preemptive measures have been taken, it is impossible to eradicate all risks," said a senior Jordanian official who requested anonymity, citing political sensitivities.

Shoulder Arthritis Treatments Keeping Boomers Active Into Their 60's, 70's Even 80's?

If you suffer with painful shoulder arthritis – science may have finally found the answer you've been looking for.

Here is why: Researchers have discovered an natural gel like medicine that is like "joint oil." This all-natural gel is one of the naturally occurring lubricating substances in your shoulder joint that cushions and lubricates the joint which dries out over time due to wear-and-tear, age or injury. But when doctors precisely place this lubricating gel into your shoulder joint by using advanced digital imaging technology – it is like putting oil on a rusty door hinge. It lubricates the joint and can decrease pain and stiffness. For some, results can be dramatic and last for months. Years for some. Often times shoulder surgery can be avoided.

Know this: This is NOT a supplement you can buy over the counter or on the internet. This is a REAL medical treatment that must be given by a trained health care professional.

And the great news is: There is a free report and information kit available that tells you everything you need to know about this treatment. It also tells you all about cutting-edge medical clinics right here in New York City that are offering this cutting-edge treatment with tremendous success.

To get your information kit or to schedule a No-Obligation Risk Free Shoulder Screening simply call 800-627-PAIN (7246).

Apple Bank BONUS Savings Account:
Great Rate ***and*** a Bonus on Each 1-Year Anniversary!

BONUS Savings Account
0.75% APY*
$25,000 minimum to earn stated rate

PLUS

BONUS**
0.25%
On each 1-year anniversary of account opening

Visit one of our conveniently located branches today!

Apple Bank
Established 1863 · Member FDIC

www.applebank.com • 914-902-2775

*For the Apple Bank BONUS Savings account, interest earned on daily balances of $2,500 or more at these tiers: $2,500-$24,999: .10% Annual Percentage Yield (APY), $25,000 and up: .75% APY. There is no interest paid on balances of $0-$2,499. APYs disclosed effective as of January 6, 2015. APYs may be changed at any time at the Bank's discretion. There is a minimum of $2,500 required to open the Apple Bank BONUS Savings account. $2,500 minimum daily balance is required to avoid $10 monthly maintenance fee. Fees may reduce earnings. Funds used to open this account cannot be from an existing Apple Bank account. Maximum deposit amount is $1,000,000 per household. ****Special bonus feature:** A .25% simple interest rate bonus will be paid on each anniversary date of account opening on the lowest balance for that year (anniversary date to anniversary date). No bonus is paid if the account balance is less than $2,500 on the anniversary date. Additional deposits during a given anniversary period do not affect the bonus interest payment. Deposits made to the account on any anniversary date will be used to calculate the lowest account balance for the next anniversary period. The bonus interest is calculated on the lowest balance on deposit from one anniversary date to the next anniversary date. Simple interest rate bonus is subject to change at any time after first anniversary date of account opening. **Hypothetical example of how bonus works:** Assume an account is opened on January 12, 2015 for $50,000. A $10,000 withdrawal is made on July 12, 2015. No other withdrawals are made prior to the January 12, 2016 anniversary date. The low balance is now $40,000, so $100 in bonus interest will be paid on January 12, 2016.

Viagra®, Cialis®, and Levitra® not working for you?[1,2,3]

Learn more about an ED treatment beyond medication that more than 300,000 men have chosen as a way to return to an active sex life.[4]

Get the facts on how a treatment for ED may significantly improve your sexual satisfaction.[5]

Attend a FREE Men's Health Seminar:
Presented by: Bob M. Berookhim, M.D.

Thursday, November 12, 2015
Registration: 6:00 p.m.; Seminar: 6:30 p.m.
Opera House Hotel - The Houdini Room
436 E. 149th Street, Bronx, NY 10455

Partners and guests welcome. Refreshments will be served.

Space is limited, call to register today. 1-877-433-2873

1. Viagra Prescribing Information, Revised January 2010 2. Cialis Prescribing Information, Revised October 2011 3. Levitra Prescribing Information, Revised November 2011 4. European Society for Sexual Medicine (ESSM) Website, downloaded 11/14/12. 5. AMS 700® with MS Pump® Inflatable Penile Prosthesis Instructions for Use (IFU)

American Medical Systems, Inc. has sponsored funding for this patient seminar and accompanying educational material.
VIAGRA® is a registered trademark of Pfizer Inc. CIALIS® is a registered trademark of Eli Lilly and Company Corporation.
LEVITRA® is a registered trademark of Bayer Pharmaceuticals.

AMS
Rx Only
© 2013 American Medical Systems, Inc. All Rights Reserved. Minnetonka, MN 55343
AMSUS/MH-00260b/May 2013 www.AmericanMedicalSystems.com 1-800-328-3881
U.S. Use Only

Police officers and security forces stand guard outside a police training center east of Amman on Monday. GETTY IMAGES

The U.S. Embassy in Amman said two American civilian security contractors and a South African contractor were shot to death, and one slain Jordanian was a translator. It was "premature to speculate on motive at this point" with the investigation proceeding, it said.

A second Jordanian, who had been in critical condition, died later of his wounds, Jordan's government said.

There were differing early reports on the number killed, with three U.S. sources saying eight people died in the attack. Jordanian government spokesman Mohammad Momani denied that and Jordan's official death toll stands at six. REUTERS

Time Warner Cable | ENJOY BETTER

Time Warner Cable Hiring Event
Wednesday Nov. 18th, 2015 9am – 4pm
Sheraton LaGuardia East Hotel
135-20 39th Avenue • Flushing, New York

MUST APPLY ON-LINE AND TAKE THE ASSESSMENT PRIOR TO THE EVENT DRESS PROFESSIONALLY AND BRING A COPY OF YOUR RESUME

Technician / Installer
Basic qualifications required for the Technician
- Must have a High School Diploma or GED
- Must have valid Tri State Driver's License
- 1+years of Cabling, Electrical or PC Networking experience
- Comptia Network+ (Preferred)
- Able to climb ladders and use power tools

Use this link to apply:
http://bit.ly/1GIsw1M
Available openings: Job# 171695BR, 167689BR, 170953BR, 171341BR & 171850BR

Customer Service Rep
Basic qualifications required in the Call Center
- 6 months or more customer service experience; 1 or more years preferred.
- 6 months or more working with multiple software applications; 1 or more years preferred.
- 6 months or more sales or retention experience preferred.
- 6 months to 1 year+ heavy volume phone experience in a customer service/call center job preferred.

Mandarin + Cantonese, Korean, or Russian fluent applicants are strongly encouraged to apply
Use this link to apply:
http://bit.ly/1Q69k01
Available Opening Job #: 171057BR

Time Warner Cable is Proud to be an
Equal Opportunity Employer and Drug Free Workplace

ANDREW MARC
SAMPLE SALE
LUXURY OUTERWEAR & APPAREL
PENN PLAZA PAVILION
ADJACENT TO HOTEL PENNSYLVANIA
401 7TH AVE (33RD ST)
STREET LEVEL ENTRANCE ON 7TH AVE
FOR INFORMATION 212 840 1090
VISA • MASTERCARD • AMEX • NO CHECKS • FINAL SALE
ANDREWMARC.COM

SATURDAY	11/07	10AM - 6PM
SUNDAY	11/08	10AM - 6PM
MONDAY	11/09	8AM - 7PM
TUESDAY	11/10	8AM - 7PM
WEDNESDAY	11/11	8AM - 7PM
THURSDAY	11/12	8AM - 7PM
FRIDAY	11/13	8AM - 7PM
SATURDAY	11/14	10AM - 6PM
SUNDAY	11/15	10AM - 6PM

Obama launches Facebook page with climate change message

The White House has launched a Facebook page for President Barack Obama — and used the social media platform to send a message on climate change.

Organizing for Action, the political organization that helped elect Obama, has long used an account under the name "Barack Obama." But the new page allows the president to speak in the first person, much like the Twitter account the White House launched for Obama in May.

Striking a conversational tone, Obama's first post was a video message on climate change that depicted the president walking around the South Lawn of the White House and marveling at the beauty of nature.

"Hello, Facebook! I finally got my very own page," Obama said in the post. "I'm kicking it off by inviting you to take a walk with me in my backyard — something I try to do at the end of the day before I head in for dinner."

In the video, Obama called on Americans to do their part to fight climate change.

"I want to make sure that the whole world is able to pass onto future generations the God-given beauty of this planet," Obama said, citing his upcoming trip to Paris to meet with world leaders on climate change. REUTERS

A screenshot from Facebook FACEBOOK

"If all of America is joining around this critical project, then we can have confidence that we're doing right by future generations and passing onto our kids all the blessings that we've received."

Obama, on Facebook

Michael Chernow ('08 grad), founder of The Meatball Shop and Seamore's in NYC

DON'T QUIT YOUR DAY JOB (YET)

The Culinary Entrepreneurship program at ICC will teach you how to launch and scale a food business, with the payoff of a business plan in weeks. Ask bartender-turned-business-mogul **Michael Chernow**, founder of The Meatball Shop restaurants and an ICC graduate.

Faculty includes world-class institutions such as Babson College, Cornell University, Union Square Hospitality Group, Blue Hill at Stone Barns and more!

CALL **888-324-2433** TO LEARN MORE OR VISIT
CulinaryCenter.com/OpenHouse

TO ATTEND AN OPEN HOUSE
TUESDAY, NOVEMBER 17, 6:30PM-7:30PM

HEAR FROM INSTRUCTORS:
Jeffrey Zurofsky, partner of 'wichcraft
Alek Marfisi, founder of Upwind Strategies

Keep your "day job" while planning your dream job.

INTERNATIONAL CULINARY CENTER
462 Broadway, Soho, New York City

Low Back Pain?
LOW Back Pain?
Do you experience:
❒ Back pain when you bend down?
❒ Back pain upon standing, sitting, or walking?
❒ Back muscle strain?
If you have been suffering from lower back pain for over 3 months and are at least 18 years old, you may be eligible to participate in our research study of an investigational medication for Lower Back Pain. Qualified participants will receive study-related medical evaluations with our Board Certified Physician, investigational medication or placebo, and study visits, at no cost, over the course of 21 months. Please call for more information or to request a free screening.
(212) 595-5012
www.Medical Research Network.com
The Medical Research Network, LLC • 134 E. 93rd St., New York, NY 10128

5 Tips for paying off your college loans

Get a handle on your post-grad finances with these expert tips.

Grappling with paying back your student loans for the first time? Let these suggestions be your playbook:

1 Find your loans

Most borrowers have multiple loans taken out over time. Borrowers can find their federal loans via the National Student Loan Data System at www.nslds.ed.gov, or by calling 1-800-4-FED-AID. For private student loans, check www.annualcreditreport.com.

2 Investigate federal repayment options

Federal student loans typically have 10-year repayment terms. Paying the loan off faster will save on interest, but could prevent a borrower from achieving other important goals, such as saving for retirement or a down payment for housing.

Those who have trouble making payments on a 10-year term should check out consolidation, which can lower payments by stretching out the loan term to 15, 20 or even 30 years.

There are also income-based repayment plans for low earners. The latest version, Pay as You Earn (PAYE), caps payments at less than 10 percent of the borrower's income and allows balance forgiveness after 10 years for public service jobs and 20 years for private sector employment. For the lowest earners, PAYE can reduce required payments to zero.

3 Check out private repayment plans

Private lenders tend to have fewer repayment choices but may offer loan modifications, interest rate breaks and forbearance for strapped borrowers.

Congratualtions, you graduated! Now it's time to pay up. ISTOCK

Sallie Mae, one of the largest lenders, offers an interest-only payment option for the first 12 months, says spokesman Rick Castellano.

Borrowers with good credit (or a credit-worthy co-signer) and sufficient incomes may be able to refinance private loans at lower rates. SoFi, CommonBond, Wells Fargo, Earnest, Citizens Bank and other institutions offer refinancing.

4 Consider changing your servicer

New federal loans are made by the federal government, but the feds designate private companies to take your payments, arrange payment alternatives and handle customer service.

Unfortunately, not all servicers are created equal, and borrower advocates complain that some do a lousy job of communicating repayment options or even properly handling paperwork.

Borrowers cannot change their servicer unless they opt to consolidate all their federal education debt. To consolidate, they would apply directly to the servicer they want: FedLoan Servicing (PHEAA), Great Lakes, Nelnet, or Sallie Mae.

5 Know where to go for help

If a problem or dispute cannot be resolved with a loan servicer, borrowers with federal loans can contact the Federal Student Aid Ombudsman and the Consumer Financial Protection Bureau. The bureau also takes complaints regarding private lenders.

REUTERS

DO YOU KNOW
JOHN JAY COLLEGE
HAS FULLY ONLINE
GRADUATE PROGRAMS?

- Masters of Science in Security Management
- Masters of Public Administration: Inspector General
- Advanced Certificate in Terrorism Studies
- Masters of Arts in Criminal Justice*

ENJOY IN-STATE TUITION PRICING
NO MATTER WHERE YOU LIVE.

VISIT
online.jjay.cuny.edu
CALL TOLL FREE
(844) JJAY-ONL (552-9665)

*Coming Fall 2016.
Pending CUNY and NYSED approval

JOHN JAY COLLEGE OF CRIMINAL JUSTICE
ONLINE
CUNY

Get your undergraduate degree at Touro College's New York School of Career and Applied Studies

NYSCAS
New York School of Career and Applied Studies
a division of TOURO COLLEGE

At NYSCAS we provide the support our students need to succeed, from the moment they enroll to the day they graduate.

Discover our array of offerings at www.touro.edu/nyscas

ASSOCIATE'S AND BACHELOR'S DEGREES

- *Business Management and Administration*
- *Information Technology*
- *Human Services*
- *Psychology*
- *Education*
- *Biology*
- *Social Sciences*
- *Criminal Justice* **NEW!**
- *Paralegal Studies*
- *Digital Multimedia Design*
- *Liberal Arts and Sciences*

Pre-Professional Options

- *Pre-Law* • *Pre-Medical* • *Pre-Dental*

Touro College: a world of possibilities

855.33-TOURO
(855.338.6876)

MANHATTAN
BROOKLYN
QUEENS

scan here

apply online at ***apply.touro.edu***

Use your veteran's educational benefits
www.touro.edu/veterans

Facebook.com/nyscasTouro
Twitter.com/nyscasTouro

And if graduate study is in your future, consider Touro's graduate and professional schools: ***Business, Education, Jewish Studies, Law, Health Sciences, Osteopathic Medicine, Pharmacy, Social Work, and Technology.***

Touro is an equal opportunity institution
For Touro's complete Non-Discrimination Statement, please visit www.touro.edu

Business Management

MILDRED ELLEY

Classes Start Soon! Call now for details

(866) 755-5092
mildred-elley.edu

Practical Nurse (LPN)

MILDRED ELLEY

Classes Start Soon! Call now for details

(888) 505-2101
mildred-elley.edu

Don't put your future on hold!

Start a New Career

High Demand Programs

- Advanced Paralegal Studies
- Business Management
- (LPN) Practical Nursing
- Massage Therapy
- Medical Assisting

Learn hands-on from Professionals with experience!

Get Started on Your New Career Today!

Day, Night & Weekend Classes! 2 Day Scheduling Available!

Classes Start Soon! Call now for details

(855) 516-7552
mildred-elley.edu

MILDRED ELLEY
A career college in NYC
The Power to Change Your Life

Work with patients & make a difference!

Become a Medical Assistant

like our Graduate Prakai

Prakai
Medical Assistant
Class of 2014

"I was tired of working the same dead-end job. Mildred Elley changed my life! Financially, I'm no longer struggling."

Classes Start Soon! Call now for details

(866) 259-8615
mildred-elley.edu

MILDRED ELLEY

▸ VA & MYCAA Approved, Welcome Veterans! ▸ Day, Night and Weekend Classes! ▸ 2 Day Scheduling Available! | Convenient Campus Location: 25 Broadway, Floor 16 | New York, NY

Mildred Elley career college • Accredited by ACICS, Approved by ACCES-VR. Approved for VA Education Programs Such as GI Bill & MyCAA International Students Welcome • For program details and disclosures including Albany extension site programs visit mildred-elley.edu/disclosures

NYU | SCHOOL OF PROFESSIONAL STUDIES

NYU School of Professional Studies Undergraduate Degree Completion Programs

The **NYU School of Professional Studies (NYUSPS) Undergraduate Degree Completion Programs** were created to provide adult students, as well as those transferring from a community college or a four-year accredited university, with the opportunity to begin or to complete their undergraduate studies. NYUSPS offers all of the advantages and resources of an NYU education, combined with the convenience and the flexibility needed to fit your busy schedule through courses that are offered online and onsite.

The School's Undergraduate Degree Completion Programs integrate the liberal arts and professional studies, providing an education that is like no other. As a student enrolled in one of these programs, you will hone your critical thinking and analytical skills, increase your knowledge base, develop your intellect, and acquire the confidence to excel personally and professionally.

NYUSPS offers a broad range of career-oriented bachelor's degree programs including the: BA in Humanities; BA in Social Sciences; BA in Applied General Studies; BS in Digital Communications and Media; BS in Healthcare Management; BS in Information Systems Management; BS in Leadership and Management Studies; BS in Real Estate; and the NEW BS in Marketing Analytics.

The School also provides a supportive learning environment, seamless credit transfer, multiple financial aid and scholarship options, and flexible schedules that allow students to continue to earn while they learn, helping to defray the cost of tuition. Comprehensive academic and career counseling, programs taught by top professionals in their fields, and the option to study full-time, part-time, online, or onsite, make NYUSPS the choice for students who seek to complete their undergraduate degree at a world-renowned university, but who need to fulfill other personal and professional obligations while they study.

In addition to support from the staff of NYUSPS academic advisors, students benefit from one-on-one faculty advisement. They also receive comprehensive career development counseling through the NYU Wasserman Center for Career Development at the NYU School of Professional Studies.

Undergraduate degree completers are immersed in a learning experience that provides them with the outstanding academic and professional opportunities and credentials that are the hallmark of an NYU education.

NYUSPS Undergraduate Degree Completion Information Sessions are held throughout the year. Please visit **sps.nyu.edu/mcghee-events1g** for further details and to register.

For more information about the NYU School of Professional Studies Undergraduate Degree Completion Programs, visit **sps.nyu.edu/mcghee1g**, e-mail **mcgheeadmissions@nyu.edu**, or call **212-998-7100.**

MAXI-

MIZE

U

NYU | SCHOOL OF PROFESSIONAL STUDIES

UNDERGRADUATE DEGREE COMPLETION PROGRAMS

COMPLETE YOUR DEGREE AND BECOME THE PROFESSIONAL YOU'RE MEANT TO BE.

The NYU School of Professional Studies Undergraduate Degree Completion Programs are designed to provide unrivaled knowledge in a focused and highly supportive environment, where opportunities for networking abound. Study with your peers as you learn about yourself and the world around you. A liberal arts core, fused with professionally oriented majors, offers the rock-solid credentials employers seek. Credit for prior learning, top-notch academic counseling, and career development services allow you to maximize your return on investment.

BACHELOR OF ARTS:
Applied General Studies
Humanities
Social Sciences

BACHELOR OF SCIENCE:
Digital Communications and Media
Healthcare Management
Information Systems Management
Leadership and Management Studies
Marketing Analytics
Real Estate

ATTEND: An Undergraduate Degree Completion Program Information Session on Wed., Nov. 18, or Tues., Dec. 1, 6 p.m.
REGISTER: sps.nyu.edu/mcghee-events1g
VISIT: sps.nyu.edu/mcghee1g **CALL:** 212-998-7100
REQUEST INFO./APPLY TODAY:
sps.nyu.edu/requestmcgheeinfo1g

New York University is an affirmative action/equal opportunity institution. ©2015 NYU School of Professional Studies.

LEHMAN COLLEGE: *Where Adults Succeed!*

CLASSES OFFERED DAY, EVENING, WEEKEND AND ONLINE

- **BACHELOR'S DEGREES**
  Over 50 majors or design your own
- **MASTER OF ARTS IN LIBERAL STUDIES**
  Focused on your specific interest

Join us for an Info Session on November 14, 2015

- Bachelor's Degree Info Session at 10 am
- Master of Arts in Liberal Studies Info Session at 2 pm

To RSVP or for more information:
www.lehman.cuny/adultdegree
718-960-8666
adult.degree@lehman.cuny.edu

CREDIT FOR PRIOR LEARNING
PERSONALIZED ADVISING
AFFORDABLE TUITION

LEHMAN COLLEGE CUNY

Bachelor's & Master's Degrees to Enhance Your Career

Put Your College Credits To Work!
Transfer your relevant credits and finish sooner!

- Court Reporting
- Closed Captioning
- Paralegal
- Healthcare Management
- Medical Billing and Coding

ATTEND AN OPEN HOUSE
Tuesday, November 10th 11a-7p | Saturday, November 14th 11am-2pm
NOW ENROLLING FOR SPRING TERM

NYCI established 1941 NEW YORK CAREER INSTITUTE
The College of Legal & Medical Professions.

- Day, Evening & Sat. Classes
- Degree & Certificate Programs
- Transfer Credits Accepted
- VA Approved

Call 212•962•0002
www.nyci.edu
11 Park Place, NYC
Located near City Hall and convenient to reach by:
1 2 3 4 5 6 A C E J Z R

Spring Term Registration at NYCI Begins Next Week

Visit an Open House or Schedule a Visit to Learn About New Career Options

Tuesday, November 10th 11am-7pm
Saturday, November 14th 11am-2pm
Wednesday, December 2nd 11am-7pm

If you are looking to upgrade or change your career, there is no better place than New York Career Institute. For 75 years, the college has been a recognized leader in providing a high quality, career focused education. We offer programs in **Court Reporting, Closed Captioning, Paralegal Studies, Health Care Management and Medical Billing and Coding.** Visit **www.nyci.edu** to learn more about our programs.

NYCI has degree and certificate programs, an experienced and professional faculty, affordable tuition and internships in your field of study. Our students are provided with the skills and knowledge to succeed in their chosen profession. In addition, those with college credit can transfer relevant credits and may be able to finish sooner.

The college is conveniently located at 11 Park Place, between Broadway and Church in downtown Manhattan and easily accessible by all public transportation.

Applications are now being accepted for our next term. Spring Term Registration begins November 18th. Classes start January 11th. Contact the NYCI Office of Admissions to schedule a visit or to reserve a space at an Open House. For more information call 212 962-0002 or visit **www.nyci.edu.**

Admissions Office Hours Are:
Monday-Thursday, 9am-7pm
Friday, 9am-2pm
Saturday, 10am-3pm

NYCI…Celebrating 75 years of Excellence in Education.

BRAMSON ORT COLLEGE

EOE / AA

www.bramsonort.edu

Degrees & Certificates

- Business & Accounting
- Computer Technology
- Electronics Technology
- Game & Graphic Design
- Medical Assistant
- Paralegal and many more!

Queens • Brooklyn

Start Your Success Story in 2016!

- ✔ Affordable Tuition
- ✔ Flexible Schedules
- ✔ Job Placement Assistance
- ✔ Not-for-Profit College
- ✔ Small Class Sizes
- ✔ Transfer Students Welcome

Queens Campus
69-30 Austin Street, Forest Hills

Brooklyn Extension Center
8109 Bay Parkway, Brooklyn

CALL TODAY! (866) 644-2925

Earn Your High School Equivalency Diploma While Studying for Your Degree*

*Contact us to learn more about our Opportunity Grant!

Must meet Ability to Benefit Requirements

Bramson ORT College is a not-for-profit educational institution.

THE BRAMSON ORT PROGRAMS GAINFUL EMPLOYMENT DISCLOSURES ARE POSTED ON WWW.BRAMSONORT.EDU

BMCC Center for Continuing Education and Workforce Development

Start Here. Work Anywhere.

Allied Health Training

Become a health care professional in charge of processing patient data such as treatment records and related insurance information or providing of clinical and administrative medical assistance.

Medical Billing & Coding Training Dates
December 5, 2015 – May 21, 2016
Saturdays, 9:30am – 3:30pm

Intermediate Spanish Training

Improve your basic Spanish. Build on linguistic concepts. Learn more complex grammatical structures, reading comprehension and increase auditory and oral skills.

Intermediate to Spanish Training Dates
November 17, 2015 – January 5, 2016
Tuesdays, 6pm – 9pm

Information Technology Training

IT continues to be one of the fastest-growing job sectors in the workforce. From programming courses like Java, SQL, and C++ to Networking courses like CCNA and CCNP. Adult Continuing Education has the right course for you!

Introduction to Tableau Training Dates
December 5, 2015 – December 19, 2015
Saturdays, 9am – 2pm

Introduction to Java Training Dates
December 7, 2015 - January 5, 2016
Monday & Tuesday, 6pm – 9pm

Register for an Upcoming Information Session at www.bmcc.cuny.edu/ce or call (212) 346-8410.
25 Broadway 8th Floor, NY, NY 10004

CUNY The City University of New York

NEED A JOB? LOVE TO COOK?

Affordable Training with Nationally Recognized Certification, Job Placement Assistance, and College Credits at
Kingsborough Community College!

The Winter Express Culinary Arts training to begin January 4th, 2016
7 weeks/4 days a week
Application sessions are happening NOW!
CALL: (718) 368-4637
APPLY ONLINE: WWW.CEWDKBCC.COM
#CEWDinspires

To be eligible to apply NRC, individuals must be 18 years or older, hold an H.S diploma or GED and be legally authorized to work in the United States. Other eligibility requirements apply. Documentation must be available.

This workforce solution was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership. The NRC Program is an equal opportunity employer/program and auxiliary aids and services are available upon request to individuals with disabilities.

Love to cook?

If you have been dreaming of a career in the culinary arts, whether as a prep cook, restaurant owner, pastry chef or one of the many other exciting industry titles, then now is the time to get trained to start on your future career path!

The Center for Economic and Workforce Development at the beautiful sea side campus at Kingsborough Community College in Brooklyn, NY offers this one of a kind culinary arts training through the Northeast Resiliency Consortium (NRC). This accelerated 7 week course will begin January 4th, 2016 and will prepare individuals for employment and career advancement in the high-growth sector of the culinary arts industry.

Think you can't afford a culinary arts education? Think again.

Eligible students are only responsible for the affordable $100 program fee which provides the occupational training, all instructional materials and textbooks. If you are interested in learning more about NRC and the opportunities available, contact us at 718-368-4637 or via email at cewd@kbcc.cuny.edu to sign up for an application session on campus.

Be sure to visit our website at www.cewdkbcc.com.

*To be eligible to apply for NRC, you must be 18 or older, hold a high school diploma or GED and be legally authorized to work in the United States. Other eligibility requirements may apply.

This workforce solution was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership. The Northeast Resiliency Consortium program is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.

LEHMAN COLLEGE

REGISTERED NURSE

Transition to Practice Program

CUNY

Free 6 month Certificate Program

January 2016 - July 2016

Participants will receive a stipend and 30 hours of training per week including:

- 24 hours of hands on-clinical training under the guidance of an experienced RN at a participating hospital
- 6 hours of classroom instruction and simulation focused on critical thinking, communication, leadership, research

Participating hospitals include:

- Mount Sinai Beth Israel
- Woodhull Medical Center,
- Bronx-Lebanon Medical Center
- Kings County Hospital Center

GNYHA NYACH WORKFORCE 1

For more information and to apply visit: **www.lehman.edu/rntransitiontopractice**
or contact **Mila Ellis: (718) 960-8076 ludmila.ellis@lehman.cuny.edu**

Are you a newly licensed registered nurse (RN) having trouble securing your first nursing job?

This program gives newly licensed bachelors-level RNs the experience, confidence and skills necessary to secure their first nursing job in a New York City hospital!

Save More. Learn More.

At BMCC you'll receive solid value, for a great education.

At Borough of Manhattan Community College (BMCC), we work hard to keep our students' dreams within their financial reach. As one of 23 colleges and universities comprising The City University of New York, we are committed to providing a high-quality education to a diverse urban population.

We want you to gain the most knowledge and access the most opportunities possible—while accruing the least debt.

We've got you covered.

As a degree-seeking BMCC student, close to 90% of BMCC students receive assistance from at least one federal, state or municipal financial aid program, and over half benefit from full tuition coverage.

Our graduates benefit from having completed a remarkably affordable college education—free from the debt that weighs on their peers at other colleges.

That affordability is assured by the CUNY Safety Net — low tuition, federal and state aid allowing six out of 10 full-time undergraduates to attend tuition-free, and federal tax credits easing the burden on the middle class.

Keep your options open.

BMCC students graduate with job-ready skills and respected academic credentials, well prepared to begin their careers or continue their higher education at a four-year college.

They choose from an impressive array of associate degree programs at BMCC.

These range from Liberal Arts to Media Arts. From Business Administration to Allied Health and Nursing. From Teacher Education, Human Services and English, to Computer Information Systems, Mathematics, Science and Accounting.

Go where ambition takes you.

At BMCC, we watch industry trends, and listen to what our students want. We've developed a host of new transfer programs — Community Health Education, Geospatial Technology, Forensic Accounting, Criminal Justice, Biotechnology, and more.

Every new program links to a four-year CUNY college or university. You'll also be eligible to enter colleges and universities beyond the CUNY system, or move right into your career.

Whether you see your future in a research lab, emergency room, classroom or corporate office, you can start at BMCC, graduate free from crushing debt, and go wherever your ambition takes you.

Borough of Manhattan Community College (866) 583-5729 www.bmcc.cuny.edu/metro

CUNY The City University of New York

THE COUNTDOWN TO Black Friday WINDOW SALE

November 1st to November 27th only!

Our biggest dollar discount of the year ends ON Black Friday.

To protect your home against leaking and cold drafts, strong windows and patio doors will be one of the most important home improvements you can make **BEFORE** the winter.

Renewal by Andersen
WINDOW REPLACEMENT
an Andersen Company

Offer available with our Instant Product Rewards. Minimum purchase of 4 or more windows and/or patio doors at time of initial visit.

TAKE **$350** OFF every window[1]

TAKE **$900** OFF every patio door[1]

PLUS **$0** Down **0** Payments **0%** Interest for one full year[1]

Financing provided by third parties and is subject to credit requirements. Interest accrues during the promotional period but all interest is waived if the purchase amount is paid in full within 12 months.

We won't let new windows impact your holiday spending.

Why? Because you won't pay anything until **next** November. Breathe easier this holiday season with no money down, no payments and no interest for a whole year.[1]

Don't take a chance on a vinyl window.

Vinyl windows can warp, leak and cause drafts, so trusting a poor-quality vinyl window is a poor choice. Our window's Fibrex® composite material is twice as strong as vinyl.

You've got enough on your plate this time of year; we've got this.

We build, sell, install and warrant all of our windows; that means there's no middleman to deal with, and as the replacement window division of Andersen, we're about as trustworthy as you can get.

There are limited appointments available

Call for your FREE Window and Patio Door Diagnosis

1-800-357-3815

Renewal by Andersen WINDOW REPLACEMENT an Andersen Company

CERTIFIED MASTER INSTALLER

[1]Cannot be combined with prior purchases, other offers, or coupons. Offer not available in all areas. Discount applied by retailer representative at time of contract execution and applies to minimum purchase of 4 or more windows and/or patio doors as part of Instant Rewards Plan which requires purchase during initial visit to qualify. 0% APR and no payments for 12 months available, subject to qualifying credit approval. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Interest accrues but is waived if the purchase amount is paid in full within 12 months. Financing not valid with other offers or prior purchases. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. All financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, which are subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. **NJ Consumer Affairs License #: 13HV01541700. NYC Consumer Affairs License#: 1244514. Nassau Consumer Affairs License #: H0810150000. Suffolk Consumer Affairs License #: 43991-H. NYC 1307704. Rockland County License #:H-11942-07-00-00.** Renewal by Andersen of Central and Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2015 Andersen Corporation. All rights reserved. ©2015 Lead Surge LLC. All rights reserved.

the word

NED EHRBAR
ned.ehrbar@metro.us

Halle Berry is sending us mixed breakup signals

ALL PHOTOS GETTY IMAGES

Some two weeks after Halle Berry announced she and husband Olivier Martinez were splitting up, with a divorce filing and everything, the Oscar-winning actress was spotted driving around with him in L.A. And while they didn't necessarily seem terribly happy to be sharing the same car, Martinez did appear to be wearing his wedding ring again. Which is odd, since he'd ditched it within two days of the divorce news. So what gives, Berry? Or are you guys just really that devoted to being environmentally conscious that you'll still carpool even if it means being ridiculously uncomfortable?

Vivica A. Fox doubts 50 Cent's heterosexuality

This one gets nasty fast, so hold tight. While appearing on "Watch What Happens Live," Vivica A. Fox was asked by Andy Cohen if she was insinuating that ex-boyfriend 50 Cent is gay, and her response was a rather telling silent hair flip. Then she clarified: "No, he's not. He just seems like he's got something that's not quite clear." Yikes. You might find this tough to believe, but Fiddy was none too pleased, letting loose with a tirade of Instagram comments, like on the photo he posted of her with "really bad boob" on which he commented, "B—, remember when you told me f— Halle Berry and you could have played all the roles she did better then her?" Fun times. Oh, and Fox isn't backing off, tweeting in follow-up, "I got some stories I stored in my vault, too." So I'm thinking this is only just beginning. Grab the popcorn.

Demi Lovato plagued by more Poot questions

When it comes to the Internet, nothing is taken seriously. Nothing. Especially when that something is Demi Lovato trying to engage with twitter using the hashtag #AskDemi. Twitter trolls quickly took over the hashtag to ask deep and provocative questions about Lovato's fictional twin sister, Poot Lovato, who only exists on the Internet. Lovato is of course ignoring all these highly important questions, so the users who asked, "Why did you lock up Poot for all those years?" and "Where is Poot? Will she be featured on the next album?" will go unsatisfied.

Poot first rose to fame in October after an unflattering photo of Lovato found its way to the internet. The image inspired fake stories about how Lovato had a twin sister who she kept locked up in a basement. Lovato is not a fan of this meme and would like it to end. Maybe don't do Twitter Q&As, then. MATT LEE

@pattonoswalt
Can I get a weakness, y'all?!?

@tyrabanks
Likers gonna like

@kirstiealley
After a WAY TOO LONG ROAD TRIP..I realized..I LOVE LONG ROAD TRIPS..!!

REGAIN YOUR CONFIDENCE AT LEXINGTON PLASTIC SURGEONS
YOUTHFUL Look LASTING Results
• Upper/Lower Eyelid Surgery
• Facelift
• Necklift
• Browlift
• Rhinoplasty
• Hair Transplant
• Hairline Lowering
• Eyebrow Transplant
• Facial Hair Transplant
• Follicular Unit Extractions
Visit Dr. Kevin Ende, MD
OVER 3,000
WWW.LEXINGTONPLASTICSURGEONS.COM | (855) 658-4026

Sweet home Chicago

Oliver Platt gets in on Dick Wolf's new TV empire with "Chicago Med."

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

Before there was Shonda Rhimes or Ryan Murphy, there was Dick Wolf, whose TV empire stretches back several decades. Wolf got his start on "Hill Street Blues" before moving on to "Miami Vice" and creating the "Law and Order" universe. These days, he's focused on the city of Chicago, with both "Chicago Fire" and "Chicago P.D." finding a home on NBC. And now comes the latest iteration: "Chicago Med," which takes place in an often overwhelmed hospital in the city. Character actor Oliver Platt plays psychiatrist Daniel Charles on the show — and Platt tells us psychiatrists play a bigger role in hospitals than you might think.

You've switched between movies and TV quite often in your career. What pulled you back into network TV?

The writing. I've always had one rule about what job I took next and it's always characterized by the best writing. When I first started in the '80s, there was still definitely more of a line between TV actors and movie actors, and I remember, actually, I was sitting on a couch and I was exhausted. I'd been on the road for like six months and had to go back out, but I had a little tiny break. And I remember watching "ER" with my wife, and I remember it being so sensational, and thinking, those actors get to sleep in their own bed every night, and they get to do this great work.

Were you familiar with the world Dick Wolf has created?

I actually wasn't that familiar with the Chicago shows. I'd just heard that people like them and they were good. But it's a real testimony to Dick's work and the brand. Forget about the person behind the show. I'm happy to tell you that Dick's an old friend, but even if I'd never met Dick before, and somebody said, "Dick Wolf wants you to be in his show," I'd right away be interested in exploring it. Just from knowing the quality of his work.

He does have a pretty good track record at this point.

Pretty good track record. I just remember thinking, hospital — ripped from the headlines. There's a lot of interesting things going on in public health. And even if there weren't, a hospital is such a natural, great petri dish for human drama.

How does a psychiatrist fit into the world of the hospital?

Oliver Platt returns to TV with "Chicago Med," airing Tuesdays at 9 p.m. on NBC. NBC UNIVERSAL

Shrinking again

You were also involved in the world of psychiatry on "Huff." Does the subject matter feel familiar?

One of the things that's very appealing to me about this show in the context of all of this incredible array of programming is how old-fashioned it is. I think there are going to be relationships that are serialized, but the stories are going to be discrete. There's going to be an A story for every episode that's going to start and end in that episode. And that's not easy to do! But that's very appealing to me.

That's the interesting thing. That was one of the things that I was worried about. It was like, "Ooh, it would be really fun to play a psychiatrist," but what's the daily workday of a psychiatrist in a general hospital? I was worried that it would be just about paperwork or fundraising, but the truth is an alarming percentage of people who walk into emergency rooms are actually psychiatric patients. And that's a testament to the public mental health system. We decided that this guy, Daniel Charles — he's not a born administrator at all, but he has taken this job because he's interested in providing mental health support to people who don't have $400 an hour to spend on their brain and on their emotional life.

Stanley Tucci: the new pope is 'extraordinary'

One of the stars of "Spotlight" says it's not an attack on the Catholic Church.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

In "Spotlight," Stanley Tucci plays Mitchell Garabedian, a disgruntled lawyer passionate about exposing abuse in the Catholic Church. KERRY HAYES

Stanley Tucci made one of the great food movies (1996's "Big Night") and has even written two cookbooks. But right now all he has time for is an organic protein bar. "This evening I'll have a martini. Don't worry," he assures us as he powers through a junket for "Spotlight," about the Boston Globe's Pulitzer-winning expose of the Catholic Church scandal in 2002. Tucci doesn't play one of the reporters (who include Mark Ruffalo and Rachel McAdams). Instead he's Mitchell Garabedian, a cranky but dedicated attorney who fought for years, amidst untold frustration, to bring the abuse to light.

The long-form kind of journalism the Globe reporters practice in this film is going away as newspapers suffer through budget cuts.
It is, and nothing can take its place. John [Slattery, who plays managing editor Ben Bradlee Jr.] pointed out the other night that having cell phones and videotaping things as they happen is really important. But that's just happenstance. It's not the same as someone taking the time and seeing something out and thinking, "I know there's something wrong here," or "There's something right here, and I need to spend the time dissecting it." That takes a lot of effort, a lot of resources, a lot of passion.

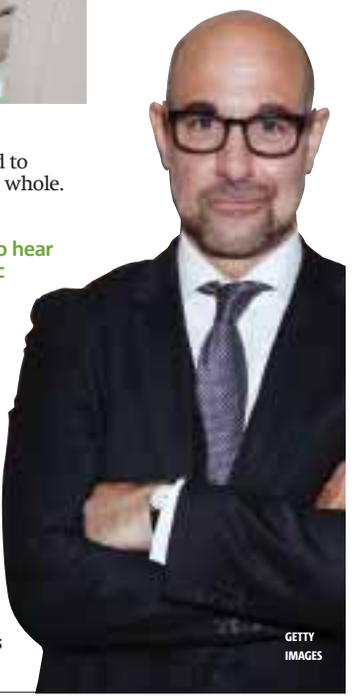
Of course there's what they reported itself, which even now hasn't been fully rectified.
It's such an important story. The fact that it was a systemic problem that has been going on for decades — for centuries — and the collusion between the perpetrators and the Catholic Church and other outside powers is so profound. They protected all the wrong people — the perpetrators — instead of protecting the children. They didn't try to stop the crimes or punish them. That is horrifying. That is absolutely horrifying and unconscionable and, let's say, it's un-Christian.

I'm actually not sure what your history with the Catholic Church is.
I was raised Catholic, but I'm a lapsed Catholic, for 40 years. Even when I was a kid I just didn't get it, to put it simply. This is in no way to besmirch people who are devout Catholics; it just wasn't for me. But the Catholic Church has done so much good for people over the centuries and good is still being done. I think this new pope is extraordinary. And I think people should in no way see this film as an indictment of the Catholic Church. There were simply a large number of people within the Catholic Church who failed to right systemic wrongs, which is anathema to everything the Church espouses. And it's an insult to the parishioners and to Catholicism as a whole. It's an insult.

It's interesting to hear that the Catholic Church recently came out and gave their approval of this film. Even a few years ago you could imagine some push-back.
It would be different, yeah. But how can they come out against it? They would only look foolish. All it does is tell the truth.

Changing times

Even a handful of years ago, "Spotlight" would have been a mid-level Hollywood production. Now it's an indie.
It's the only way you can get these movies done now. Luckily there are always people around willing to put money into them. You know the talent will always be there to sign on. It's really just about getting somebody to write a check and have faith.



GETTY IMAGES

Why we still need 'Trumbo'

Jay Roach directs Bryan Cranston as Dalton Trumbo in "Trumbo," in theaters now. HILARY BRONWYN GAYLE

Director Jay Roach thinks not much has changed since the Hollywood blacklist days.

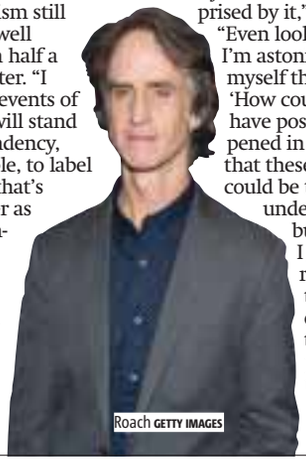
NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

Director Jay Roach goes inside a dark patch of Hollywood history with "Trumbo," chronicling the persecution of Dalton Trumbo (Bryan Cranston) and the rest of the Hollywood Ten that kicked off the blacklist amid anti-Communist hysteria stoked by the House Un-American Activities Committee. We've come a long way from that kind of fear-mongering and reactionary politics, right?

Not quite. In making the film, Roach has been forced to examine how much hasn't changed.

"Isn't it kind of like things that go on now?" Roach ponders. "Certainly there are valid, real concerns. Real threats exist. No question that totalitarian communism was a true threat back then and terrorism now is a true threat. But once there is a threat, there's almost no chance it won't be exploited to raise a kind of hysteria that leads to smearing people with labeling and tying them to that threat."

Even when specifically discussing anti-communist sentiments, Roach finds strains of McCarthyism still alive and well more than half a century later. "I hope [the events of the film] will stand for the tendency, for example, to label anything that's pro-worker as being communist," he says. "If you're interested in giving workers more safety on the job, health benefits and not working 80-hour or 100-hour weeks, you must be a communist."



Roach GETTY IMAGES

You can definitely see fear-mongering in other avenues, Roach says, especially in the current presidential race. "Other [fears] are selling now. 'Immigrants are destroying America,' says Donald Trump. Those memes are old hat, they're old chestnuts now and I'm always amazed and surprised by it," he says. "Even looking back, I'm astonished in myself that I went, 'How could that have possibly happened in America, that these writers could be thrown under that bus?' And I go, 'Oh, right, there's another bus to throw people under right now.'"

BLACK FRIDAY SPECIALS
50% OFF START NOW!!

BLACK FRIDAY SALE

LASER HAIR REMOVAL
We have candela • All skin types • Tanned skin
Full legs or Brazilian $75
Back or Arms $75
Full body $299
Chest or Buttocks $75
Underarms or lip $37.50
Face $75

GET SKINNY in 2 weeks
Painless & Permanent
Fat Blaster $80
Cellulite reduction $50
Zerona, lose inches $50
Vibra exercise $35

FREE CONSULTATION

SPA SPECIALS
Deep pore facial $52.50
Microdermabrasion $37.50
Lymphatic massage $57.50
Slim body wrap $52.50
Teeth whitening $25
Spa manicure & pedicure $21.00

ANTI-AGING
Clear & Brilliant $125
Stretch Mark Reduction $75
Fine Line Reduction $75
Laser Genesis Firming $50
Oxygenesis - Revitalize & Renew $50
Ultra Hair Therapy for thinning hair $15
Hand Genesis thinning treatment $50
Eye Discoloration Reduction $25
Eye Bag Reduction $299

180 7th Ave South Btwn W.11th st & Perry St
212 229 1389
BLACK FRIDAY 50% OFF STARTS NOW
Open 7 Days • Open Thanksgiving 10/06/15 • Expires 10/30/15

Look your best this Holiday season

VISIT BBLDOC.COM

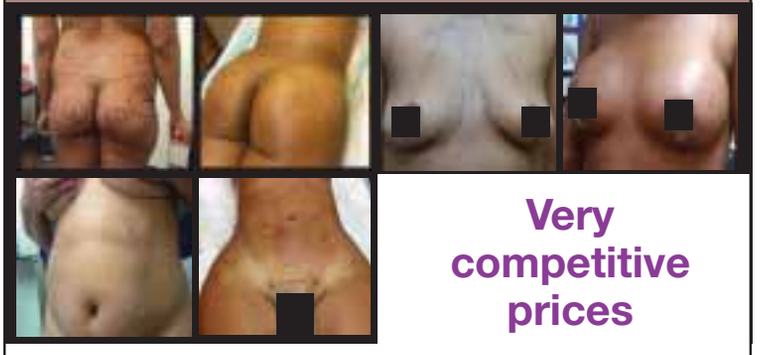
To See Our Amazing Before and After Pictures of Brazilian Butt Lifts

For your comfort and safety all procedures at our facilities are performed "awake" under under local anesthesia. Accredited surgical facility & hospital available if needed.

• Botox® • Juvederm®
• Restylane • Radiesse

HAIR TRANSPLANT
JUVEDERM
PEELS
MICRODERMABRASION
RESTYLANE
ACNE & SCAR (LASER)
BLEHPHAROPLASTY (EYE-TIGHTENING)
NECK/JOWLS (SMARTLIPO)
RHINOPLASTY
BOTOX
BREAST (AUGMENTATION)
FLANKS (SMARTLIPO)
ABS (SMARTLIPO)
TATTOO REMOVAL (LASER)
LOVE HANDLES (SMARTLIPO)
BRAZILIAN BUTT LIFT
LASER HAIR REMOVAL
Vaginal Rejuvenation
CELLULITE (ENDERMOLOGIE VELASHAPE)
THIGHS (SMARTLIPO)
VARICOSE & SPIDER VEIN (LASER)

BEFORE AFTER BEFORE AFTER



Very competitive prices

We specialize in curves and buttocks enhancements

New York Laser Lipo
Surgical & Non- Surgical Cosmetic Enhancement for Men & Women

(212) 695-1999
1 West 34th St. • Ste. 402, NYC

(718) 745-7172
334 86th St. • BKLN, NY 11209

www.nybeautysurgeon.com • SE HABLA ESPANOL
Financing Options Available Insurance not accepted

New York art rebel

A new doc about Peggy Guggenheim argues that the noted collector was as important as those she championed.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Documentarian Lisa Immordino Vreeland has made two documentaries in a row about iconoclastic women who helped enlighten less enlightened times, all while working in the art world without being artists. But both "Diana Vreeland: The Eye Has to Travel," on the Vogue goddess (and, yes, a relation), and the new "Peggy Guggenheim: Art Addict," about the pioneering art collector, argue that they were as integral to culture as those whose works they helped expose. We spoke to Vreeland about her latest look at a pioneer.

Did you see many similarities between Diana Vreeland and Guggenheim?

They were both free-thinkers and they both wanted to reinvent themselves. That's what intrigues me the most, this sense of reinvention. They both came from unhappy childhoods. I don't want them to sound spoiled; it's not like they were poor and beaten up by their mothers. But they wanted to break away from the constraints of their childhoods. In Peggy's case, she had a traditional upbringing. The Guggenheims were part of that generation of Jewish families that were called "the art crowd Jews," who had come to America and built their fortunes but lived with rules attached. It was a very insular crowd. She was able to break out at the age of 26. She found this freedom.

They're both figures who aren't the main players but they helped highlight artists, which, it can be argued, is just as important as creating art.

John Richardson [art historian], who's one of the main characters in the film, he used the word "pollinator" to define her. All these things happened around her and people gravitated towards her. You could say it was about being in the right place at the right time, but it's also about having the ability to support these people and create this atmosphere that can facilitate things. There's some people who say she was an accidental tourist in her own life. I don't feel that's true. I don't think any of this is by accident, because you have to have a personality to match. She was smart enough to ask for Marcel Duchamp's help. You can only do that if you're really open.

Lisa Immordino Vreeland

Guggenheim was really open about who she was and was really strong-willed at a time when such a thing was considered scandalous. She even boasted of having 1,000 lovers.

I love the fact that she had the courage to do what she did, and to write this autobiography in 1946, when she was 48. It was really gutsy. She did not use the names of the real artists, but she did not deny that she slept with all these people. Everybody else was sleeping around at the same time, but she chose to write about it. She talked about her sex life, she talked about her abortions, she talked about all these different relationships she had with artists. But it wasn't just about her. It was about finding herself. She was not a feminist up there on a soapbox, but boy, she encouraged a younger generation to say, "I'm myself and I'm not scared to be myself." That, for me, is the ultimate message of the film.

The art collector gets profiled in the doc "Peggy Guggenheim: Art Addict," now in theaters. ALL PHOTOS SUBMARINE DELUXE

Talking shop

With "Vreeland" you were mainly dealing with fashion people. Here you have a lot of academics. How much do you have to worry not only about speaking to them but making sure what they say is accessible to an audience?

[Laughs] I think I prepared myself. I really did. It's a great challenge. There are so many great people here. With John Richardson, I'm always in awe. I walk out of his apartment and I'm in another world. You're talking to this guy who's had an amazing life, has been friends with so many of these artists. But it was a different form of preparation. I had to be more academically in-tune with everything so I didn't sound like a total dumb-dumb. I went prepared. I don't know if when I walked out of the room they said, "Oh my God, what a moron." I hope not.

Thanksgiving Meal Coupon for the Hungry and Homeless

A HOT THANKSGIVING DINNER FOR JUST $1.59

Please – we need your help to serve a complete Thanksgiving dinner to the homeless – and offer them shelter and care this season.

THREE WAYS YOU CAN GIVE:

1. Clip and mail this coupon with your check
2. Call us at 1-800-BOWERY-1
3. Visit **bowery.org/Metro**

Mail your tax-deductible gift with this ticket to The Bowery Mission, Murray Hill Station, P.O. Box 2000, New York, NY 10156-2000. **Thank you!**

PLEASE GIVE TODAY!

The Bowery Mission

☑ **YES,** here's my gift to provide meals, shelter and hope:

☐ $15.90 feeds 10 hungry people
☐ $31.80 feeds 20 hungry people
☐ $79.50 feeds 50 hungry people
☐ $159.00 feeds 100 hungry people
☐ $795.00 feeds 500 hungry people
☐ $ _____ (other)

Name _____

Address _____

City _____ State _____ ZIP _____

1511ADTM_10

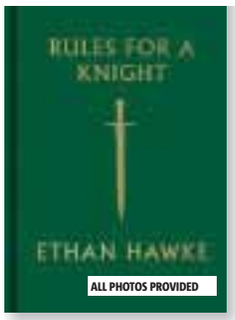
PLEASE CLIP AND MAIL WITH YOUR GIFT TODAY!

3 Celeb books to read this month

Ethan Hawke, Andy Cohen and Shonda Rhimes all have fall books well worth checking out.

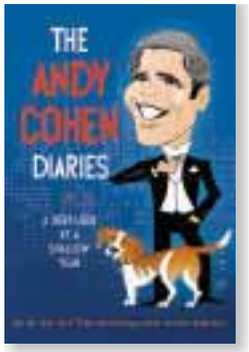
EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Sometimes there's nothing good on Netflix. So you need a good book with a pop-culture slant to come to the rescue. Luckily, celebrities are taking over the new-release section at bookstores this month. Here we highlight three worth reading.



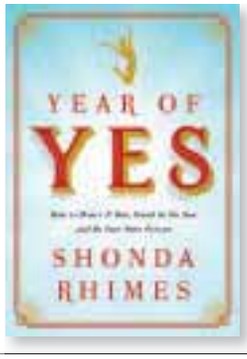
"Rules For A Knight" by Ethan Hawke *(out today)*

As if being an Academy Award-nominated actor and director wasn't enough, Ethan Hawke is a pretty stellar writer too. His third novel, "Rules For A Knight," is about a knight who is scared he's going to die in battle, so he writes a letter to his children serving as his words of wisdom of what he's learned throughout his life. Philosophy lovers will enjoy the Eastern and Western philosophical musings, but everyone will enjoy the touching story line.



"The Andy Cohen Diaries: A Deep Look at a Shallow Year" by Andy Cohen *(paperback out last week)*

"Watch What Happens Live" host Andy Cohen takes fans behind the scenes of his Bravo talk show and gives them a front row seat into his personal life with his dishy memoir from last year, now in paperback. It's Andy Cohen, so you know you're in for a laugh. He isn't afraid to make fun of himself, sharing how he completely bombed on David Letterman's show and has had his fair share of failure in the dating scene. There's plenty of drama, and plenty of heart in these dairies.



"A Year of Yes" by Shonda Rhimes *(out tomorrow)*

Between overseeing "Grey's Anatomy," "Scandal" and "How to Get Away with Murder," Shonda Rhimes found time to write her first book, and it's an inspirational one. Despite being one of the busiest people in Hollywood — and a mother of three — Rhimes vowed to say yes to all the unexpected invitations that came her way. Doing so changed her life, and she wrote about it. "It was a little insane, a lot terrifying and sometimes wildly embarrassing," Rhimes says of the experiment. "This is not a story I ever planned to share with anyone. However, once Simon & Schuster asked me, I had no choice — what else could I say but yes?" You'll be glad she did.

Black Friday & Cyber Monday
GIFT GUIDES

metro's black friday and cyber monday gift guides are back. don't miss out on the biggest deals of the year!

NOVEMBER 24
BLACK FRIDAY GIFT GUIDE

NOVEMBER 27
BLACK FRIDAY EDITION

NOVEMBER 30
CYBER MONDAY GUIDE

standard ads, front cover units, inserts and metro.us online packages available.

for advertising, contact sales at
212.457.7735 or advertising@metro.us

metro media
media.metro.us

ESSENTIAL
Day Spa & Cosmetics Inc.
www.essential-skin.com
Specializing in Problem Skin
Licensed Professionals
First Time Clients Only
Free consultations
Treat yourself to the gift of beautiful skin; We offer results, not promises!
"Body Massage + Facial $99 • Eyebrow / Eyeliner Tinting $25 • Ear Candeling $50"
Diamond Microdermabrasion Only $50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.
Botinal Wrinkle Treatment Reg $160 $125
formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.
Acne Treatment w/Glycolic Acid Peel Only $45
For oily and blemish skin with excessive blackheads/ whiteheads, acne scars and discoloration.
Back/Chest Deep Pore Cleansing $75/$35
Deep Cleansing Facial Reg $75 $40
Deep cleans and refreshes all skin types.
Brightening Peel Reg $125 $75
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.
Body Slimming Wrap or Salt Glow Special $50
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.
Back/Chest Glycolic Peel Only $55/$30
247 E. 50th St. 2 Fl NYC • Trains: E M C to Lexington Ave., 51st-53rd Street 4 5 6 7 and S to 42nd Street-Grand Central Terminal • Tel: 212-588-8866/212-253-9693

Results Not Typical

• Metabolism boosting diet plan
• Doctor supervised fat burning injections
• Voted best permanent weight loss NYC

NOVO
The Medical Weight Loss Experts
139 Fulton St., Ste 201, NYC
Great Neck, NY • Paramus, NJ
844-544-DIET (3438)
www.novoweightloss.com

FREE metabolic analysis and consultation
Dedicated Personal Consultants

See if you qualify for our permanent weight loss protocol

Lose 20-40 Pounds in 40 Days.

metro.us/horoscopes

Aries Don't make an impulsive move or purchase. You can bring about change in a cost-efficient manner that will impress onlookers.

Taurus Don't hesitate or you will miss a shot at success. There is money to be made from opportunities that will help you raise your quality of life.

Gemini Be precise about what you want, expect and are willing to do. Don't be led astray by someone offering something that's too good to be true.

Cancer Sharing will lead to better relationships and allow you freedom to explore your interests with people who are heading in a similar direction.

Leo Your changing attitude will be difficult for some to relate to, but will attract others who are up for an adventurous ride.

Virgo Think outside the box. Use your imagination and don't be afraid to take an unusual route to reach your destination.

Libra Deals can be struck, but before you make a final decision, be sure that you have done your research and know exactly what the cost will be.

Scorpio Find out all you can about a subject before you decide to enter into a debate. Your resourcefulness will be recognized and rewarded.

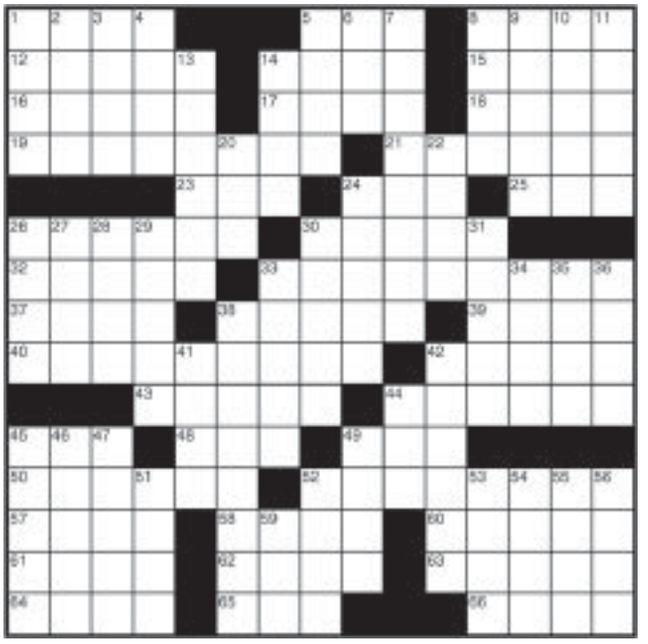
Sagittarius Not everything will be made clear. You'll have to ask questions if you want to get the facts. Keep your spending to a minimum.

Capricorn Speak your mind in order to grab the attention of someone willing to contribute to your plans. Take time to celebrate your victories.

Aquarius Look for new ways to earn extra cash. Find a way to use your talents to benefit not only yourself but also those around you.

Pisces Don't let confusion slow you down. Flesh out your ideas. Leave time at the end of the day to spend a cozy moment with someone. EUGENIA LAST

metro.us/crossword



Across

1 Claptrap
5 Fleetwood —
8 Black as night
12 Bauxite giant
14 Caron musical
15 Silent-screen temptress
16 Ferret out
17 Zest for life
18 Actor Sharif
19 Rainy days, and then some
21 Milk protein
23 Snake River loc.
24 Dirty place
25 Ave. crossers
26 Fable
30 Zahn or Abdul
32 Not touching
33 Took away from
37 Ham-on-rye source
38 Blender button
39 Jane, to Tarzan
40 "Cogito ergo sum" man
42 Fogg's creator
43 Guinness and Baldwin
44 Tasty carbohydrates
45 — -tac-toe
48 Blonde shade
49 Catch cold
50 Festoons
52 Crack in a glacier
57 1960s fashion
58 Europe-Asia range
60 A Peron
61 Bean hulls
62 City on the Truckee
63 Monica of tennis
64 In a frenzy
65 Urban people-movers
66 Aeneas founded it

Down

1 Salve
2 Fridge stick
3 Go over quickly
4 — d'oeuvre
5 Wire thicknesses
6 Turkish title
7 Belt
8 Nigerian people (var.)
9 Rats out
10 Deadly reptile
11 Tall tales
13 Sprinkle with oil
14 Rowlands of "Gloria"
20 Unmatched
22 Auel heroine
24 Gluts
26 "Shane" player
27 Dueling sword
28 Guys' partners
29 Writer -- Jong
30 Dads, in Dijon
31 High points
33 Kind of uncle
34 Dainty pastry
35 Vulcan's forge
36 Ruby and Sandra
38 Stress
41 Astronaut -- Shepard
42 Faucets
44 Shoo-fly —
45 Busch Gardens city
46 Common phrase
47 High-rise unit
49 Woody's son
51 Court disaster
52 Pink-slips
53 Swear to
54 Round building
55 Stalk
56 Loosen, as a grip
59 Aunt or bro.

For crossword answers, go to **metro.us/crossword-answers**

metro.us /games

metro.us/truthfacts

THE FACEBOOK ACTIVIST FORMULA
The number of people listed as attending a protest on Facebook
The number of people listed as attending a protest on Facebook
– 1 =
The amount of actual, real live participants in the protest

TRUTHFACTS.COM BY WULFF & MORGENTHALER

metro.us/sudoku

easy

7		9						5
					1		6	9
1				5	9		4	
4		1						7
	2	5		4		1	9	
8						4		2
	5		3	2				1
2	8		6					
6						5		3

hard

	7		1			5		2
1	6		5					
					4	9	6	
			9	7		2	1	
2								8
	3	1		5	2			
	2	4	6					
					7		4	5
5		7			3		2	

metro **As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries.** • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **sales fax** 212-952-1505 • **Associate Publisher** Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Frank Burgos, frank.burgos@metro.us• **Managing Editor** William Gorta, william.gorta@metro.us• **National News Editor** Morgan Rousseau, morgan.rousseau@metro.us • **Web Editor** Cristabelle Tumola, cristabelle.tumola@metro.us • **Art Director** Julianne Aerts, julianne.aerts@metro.us• **Features Editor/Style Editor** Tina Chadha, tina.chadha@metro.us • **TV Editor** Lisa Weidenfeld, lisa.weidenfeld@metro.us • **Film Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Going Out Editor** Eva Kis, eva.kis@metro.us • **Travel Editor** Rachel Vigoda, rachel.vigoda@metro.us • **Careers/Education/Dating Editor** Raquel Laneri, raquel.laneri@metro.us • **National Sports Editor** Matt Burke, matt.burke@metro.us • **Social Media Manager** Lakshmi Gandhi, lakshmi.gandhi@metro.us

Certified Audit CAC of Circulations

metro.us/hip-hop-cop

THAT'S A WRAP FOR YOU, BOOGALOO!
DJ DIABETES aka SWEET TOOF aka SUGARDADDY BRIMLEY
RUN PERIMETER SCHEME T3, BOYS. THESE GUYS ARE CLASS-FOURS AND WORKING IN TANDEM.
STAY ALERT. WORD.
HPD

2015 Jamar Nicholas | @detectiveboogaloo |@jamarnicholas

MARLEY SPOON

WEEKNIGHT COOKING, SIMPLIFIED.

Quality Ingredients. Chef-Designed Recipes. Delivered Weekly.

MARLEYSPOON.COM

Going mainstream

Rowing is the hot new trend, but is it the right workout for you?

EVA KIS
@thisiskis
eva.kis@metro.us

Gyms have been moving their equipment into classes for a few years now, from SoulCycle's stationary bikes to the recent spate of treadmill studios. Now a new star is emerging — and it could be the best workout yet.

"If I was locked on an island with only one piece of equipment to keep me in shape, rowing is what I would be doing because it does hit everything I need," says Eric Von Frohlich, co-owner of the boutique studio Row House.

Rowing was actually his dirty little secret back when he was a cycling instructor 10 years ago. "I needed something that was a little more full-body," he recalls, so he sought out CrossFit, which led him to rowing.

He opened Row House in March 2014 with his wife and business partner, Debra Strougo Frohlich, and they've just expanded to a second location last month. On the lines of gleaming Concept 2 machines, they teach classes focused on rowing intervals. They promise a strength and cardio workout that engages 88 percent of the body's muscles and burns up to 600 calories per session.

"The reason we really got into rowing is we saw across the board how helpful it was as a piece of apparatus for so many different points in life and for so many different populations," explains Debra. "And especially because we are New Yorkers and we're time-starved and at the end of the day it's the most efficient workout there is."

We asked the experts who would benefit most.

If you sit all day

Sitting is the new smoking, as study after study has shown, affecting everything from brain function to raising your risk of diabetes — so more sitting may seem counterintuitive. But that's how rowing targets some of the problems that people who sit for most of the day can develop. "The [rowing] motion is something that just about everyone needs, which is posterior strength and opening/closing of the hips," says Eric.

When you push back on a rower, you're loosening up your tight hamstrings, sitting at the optimal 90-degree angle and engaging the shoulder, back and core muscles. (Despite how it looks, the effort of rowing comes 60 percent from the legs, 30 percent core and just 10 percent arms.) It all adds up to better posture while seated, standing taller and reducing stress on the neck.

Viola spent her life caring for the elderly, so she knows what quality care looks like. At ArchCare, she's now experiencing it for herself.
Together, we can help you or someone you care about experience exceptional care, too.
Have questions about care for you or a loved one? Call and speak with a Care Navigator at (855) 951-CARE (TTY/TDD: 711). We're here to help from 8:00 a.m. to 8:00 p.m., seven days a week.
ArchCare Senior Life participants may be liable for the cost of unauthorized or out-of-PACE program agreement services.

ArchCare Senior Life's Program of All-inclusive Care for the Elderly (PACE) delivers everything seniors need to stay healthy and safe in the place they call home. Like top-flight medical care, physical and occupational therapies, assistance at home, even meals and help getting to the doctor. Our PACE day centers offer a relaxing place to socialize, enjoy a wealth of activities, and make new friends. We even have programs to ease the stress of family caregivers. Why? Because when it comes to caring, none of us is as strong as all of us together.

archcare.org
See Viola's story at archcare.org/viola

H4393_Ad 7.30.15_Accepted

archcare
Together, We Can

Why take a class

Some rowing enthusiasts find they get into a zen headspace — Debra Strougo Frohlich calls it "almost meditative" — but many find the repetition monotonous and give up due to boredom. A rowing class adds a social aspect, creates a high-energy environment and mixes rowing with other exercises. The classes at Row House, with beginner and experienced levels, have participants get off the machines for intervals of squats, lunges, stretching of the hips and hamstrings, and push-ups. "What we're doing off the rower is building up your ability to spend more time on the rower," she says.

If you're starting from zero

Everything about the rowing experience is controlled by the user; Debra calls rowing the cardio version of yoga or Pilates. The pace is set by the user — the machine doesn't keep moving when you stop, like a treadmill or spin bike — and risk of injury is minimal because your feet are strapped into place and your knees and ankles remain aligned, with no chance of twisting or torquing.

"It really comes down to what you want to put into the activity," says Eric. "You're not limited by the equipment; you're limited by your fitness level and your ability to push as hard as you want to push. And that's something that's kind of beautiful and unique about it."

If you're trying to lose weight

Whether you have a little weight to lose or a lot, exercise can be unpleasant for many reasons. The constant jiggle of extra fat is not only uncomfortable but can be embarrassing, while the simple fact that you're carrying around more weight is tough on joints that would already be stressed by workouts like running. On a rower, you're not only sitting — on a seat that's much larger than a spin bike — but the motion is virtually no-impact and your center of gravity is low, keeping you more stable.

"When you're on a rowing machine, you don't have gravity pulling down on you that way," Debra explains. "You don't feel like you're putting stress on your body; you feel like you're almost weightless."

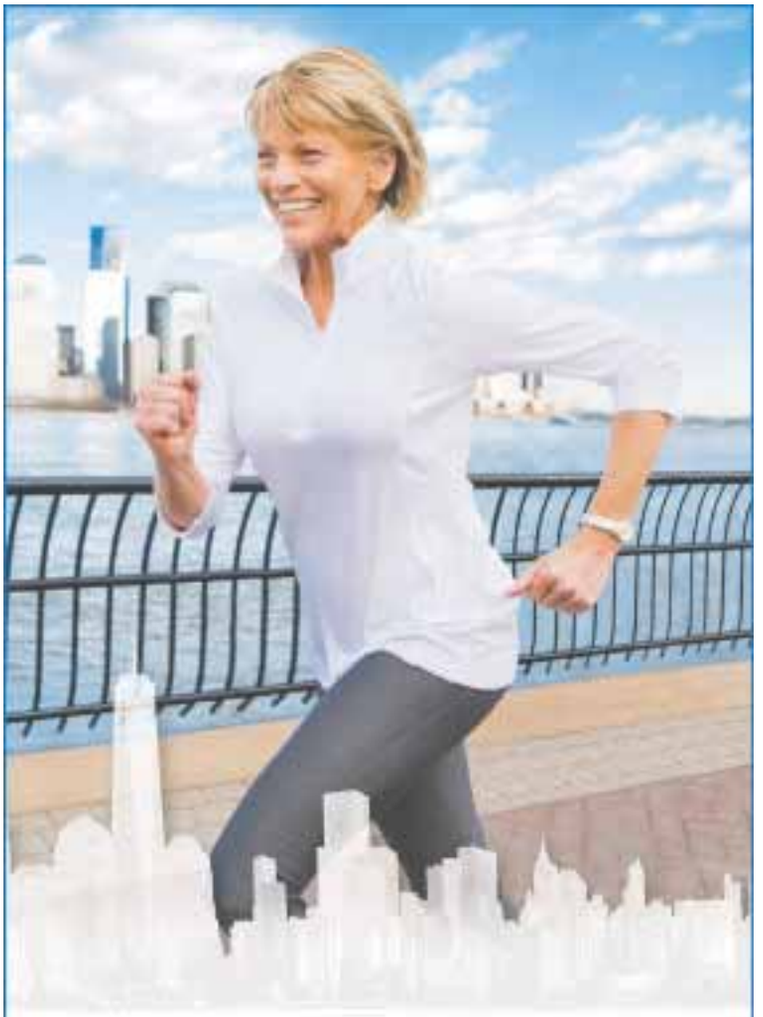
If you're looking to get toned

Debra stopped doing spin classes and put on almost 40 pounds during her last pregnancy four years ago. When it came time to get back in shape, she found that rowing not only improved her out-of-whack posture but could do what the bike could not.

"Once I got used to the rowing machine, I saw that it was getting all the hard-to-reach areas that a spin bike just never gets," she says. "You continue to strengthen your legs, your core and your upper body, which is really what you need for life, granted, but also for carrying a new baby."

If you go

Row House
555 W. 59th St.
269 W. 23rd St.
www.rowhousenyc.com



If you're considering aesthetic surgery,

Manhattan Eye, Ear and Throat Hospital/ Lenox Hill Hospital

invites you to schedule a consultation
with a plastic surgeon in our aesthetic fellowship program.

Facelift • Rhinoplasty (nose job) • Browlift • Eyelid Surgery
Breast Augmentation • Buttock Lift • Tummy Tuck
Liposuction • Laser Rejuvenation • Fillers/neurotoxins

and many more procedures offered at VERY discounted rates.
Find out how affordable cosmetic and plastic surgery can be.

212-605-3741

Manhattan Eye Ear & Throat Hospital
210 East 64th street.

North Shore LIJ Lenox Hill Hospital

Model is not an actual patient.

TRANSFORMING RESPIRATORY CARE
BREATHE EASIER, NEW YORK

National Jewish Health, the nation's leading respiratory hospital, and the Icahn School of Medicine at Mount Sinai, a top-ranked academic medical center, have come together to form the Mount Sinai – National Jewish Health Respiratory Institute. Discover a superior level of personalized care at the top center in New York focusing solely on respiratory care.

MOUNT SINAI - NATIONAL JEWISH HEALTH

Respiratory Institute

Icahn School of Medicine at Mount Sinai

National Jewish Health®

▶ Make an appointment.
Visit therespiratoryinstitute.org or call 800-563-3498.

Thinking beyond right and wrong

Once Upon a Couch
KIM SCHNEIDERMAN, MSW, LCSW
askkim@metro.us

Even a deserted island is full of possibilities. ISTOCK

When I was young, one of my favorite books was "Sugarcane Island," which was the first "choose your own adventure" type of interactive book.

The premise was fairly simple: You had been shipwrecked on a deserted island. The goal was survival and finding your way home. At the end of each chapter was a list of possible choices; whichever one you chose determined your fate in the next chapter.

The problem with this kind of "choose your own adventure" story was that although it could end in one of many possible scenarios, I always felt a lot of anxiety. In "Sugarcane Island," I could make "good" choices, leading me back to civilization, or "bad" choices, where I'd be swallowed by quicksand or eaten by cannibals. Obsessed with making the "right" choice so I wouldn't wind up on an island native's dinner plate, I read ahead and memorized all the decisions that would lead me to safety.

Many people live their lives with a similarly anxious, right-wrong mindset. The promise of fairy tales is that we will survive our trials to live happily ever after. But we know not every story ends wrapped in a bow.

Faced with constant choices, many people fear making the wrong moves and dooming themselves to a tragic ending — as if there were only two possible resolutions to every story. The problem with this thinking is that success is defined narrowly based on a limited set of criteria; in essence, do you get off the island or don't you? In addition, each result is interpreted the same way: getting off the island is always right, and staying is always wrong.

But life is rarely this simple and our perspective can change how we regard what happens. Had my sojourn on Sugarcane Island been framed as a learning opportunity, I might not have been so worried about getting it "right."

For instance, what if I had been asked to assess what important life lessons I had gleaned or survival skills I had accrued from each choice, or even been presented with the option of writing my own ending? Perhaps I might have even considered staying on the island a "right" ending, if that meant befriending the natives or establishing a peaceful coexistence with them.

Reframe your challenge

There are infinite ways to tell the same story, and how you tell yours affects the way you feel about yourself — which can influence how your life unfolds. After all, the world is far more receptive to a person humbled and strengthened by challenges, rather than one who is bitter about having to face them (or, worse, anxious for always trying to avoid them). Instead of seeing a difficult episode in your life as a waste of time, identify specific ways you have grown by asking yourself these questions:

- Because of this experience, what did I learn about life/myself/relationships that I didn't know before?
- In what specific ways have I gotten stronger... or maybe even softer?
- Do I feel more empathy toward others who've been through similar experiences?

Take time to digest your answers, possibly writing them down or discussing them with someone. This will help you change the way you tell the story of the experience, not just to others but to yourself.

While everyone naturally seeks happy endings, we can't always control the plot line of our lives. Even if events unfold in unexpected or undesirable ways, we can still mine our stories for a silver lining, identifying enriching experiences and important lessons to carry into the future.

ARE YOUR KIDS GETTING QUALITY PHYS ED?
NYC SHOULD DO BETTER.
American Heart Association
American Stroke Association
life is why™
For more information, contact PhysEd4All@heart.org.

Problematic situation at RB is far more worrisome than at QB for Jets

Chris Ivory is the Jets' most important offensive commodity right now.

KRISTIAN DYER
@KristianRDyer
sports@metro.us

Chris Ivory has scored in all but one of the Jets' victories this season. GETTY IMAGES

Geno or Fitz? Truthfully, it doesn't matter as much as New York Jets fans might think.

Ryan Fitzpatrick may be having surgery this week to repair torn ligaments in his left thumb, the expected date for the surgery being this Friday after the Jets' game against the Buffalo Bills on Thursday (8:25 p.m., NFL Network. The hope is that he will return in time for the team's Week 11 game, using the extended time off to maximize his chance to recuperate. If he can't go or his injured thumb doesn't respond well, it will be Geno Smith who gets the start.

But the quarterback "controversy" is a secondary issue. The most troublesome issue with the Jets this week is running back Chris Ivory and just how much hamstring and quadriceps injuries are bothering him. Ivory has seen his numbers nosedive in recent weeks, with 84 yards on 55 carries in the past three games combined. Each of the last two games he's averaged just 1.1 yards per carry.

For someone just a couple weeks removed from being the league's leading rusher and a big part of the Jets' rejuvenated offense, it is a giant problem.

Zac Stacy seemingly isn't an option and Bilal Powell has missed the past couple of games with his own injury concerns. Then there is the curious case of Stevan Ridley, who is practicing but apparently not back from ACL/MCL injury this past offseason.

If Fitzpatrick is unable to go, it isn't good news but it doesn't hurt as much as the lack of production the Jets have gotten in recent weeks from their ground game and in particular from Ivory. The fall-off from Fitzpatrick, who has orchestrated the Jets 5-3 start and who was overall solid in Sunday's win over the Jacksonville Jaguars, and the backup Smith, who has started much of the last two years, isn't huge.

Fitzpatrick is the better of the two, that much has emerged from the first half of the season, but Smith isn't a terrible NFL quarterback and might be one of the better backups in the league. When Smith came in to the loss at the Oakland Raiders, he showed an unsurprisingly good amount of rust, but then he settled down. He even did some good things on the field and showed more poise than a lot of critics give him credit for.

Meanwhile, the downturn in Ivory's production isn't his fault. The hard runner was obviously playing with the league's top ground game a month ago and are now smack in the middle of the NFL's rankings. From outstanding to mediocre in less than a month.

Against a team as decidedly bland as the Jaguars, 29 yards running the ball was barely enough. With some tougher defenses ahead, the Jets will need more from their running back rotation, no matter who their QB may be.

Hurtin' units

Two of the Jets' biggest rivals sustained major injuries this week.

The Giants lost key defensive tackle Johnathan Hankins for the rest of the season as the 6-foot-2, 320-pound lineman tore a pectoral muscle against the Buccaneers.

The Patriots were also dealt a huge blow as they lost emerging running back Dion Lewis to a season-ending ACL injury. Lewis provided the lightning to LeGarrette Blount's thunder in the New England backfield.

$1 ZOOM!
Laser Teeth Whitening
(w/Check-up and Cleaning*)
*covered by your PPO Dental Plan
AS SEEN ON TV DR. STEVE
Up to 12 Shades Whiter in just 1 hour
Call (212) 537-6923
Open Weekends and Evenings

ZOOM!
30 East 40th St. #105
1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com

Do you have psoriasis?
Volunteer for a Study!
Looking for adolescents ages 12 years and no older than 16.9 years of age to participate in an open label clinical research study testing an investigational medication. This study is being conducted at the Skin Specialty Dermatology located in New York City, USA.
WHO: Adolescents between ages 12 and 16.9 years inclusive with stable moderate to severe plaque psoriasis and must be accompanied by a parent or guardian.
WHAT: An investigational topical medication for 15 or 29 days and a steroidal topical medication for 15 days. 4 - 6 clinic visits over the course of 43 - 57days. All participants seen by a board certified dermatologist. No cost for study related drugs and procedures. Qualified participants will be compensated for time and travel.
WHERE: The Skin Specialty Dermatology
150 East 58th Street, 3rd Floor Annex
New York, NY 10155
Fran Cook-Bolden, M.D.
For more information, please call 212-223-6599
or email at research.cookbolden@gmail.com

QUALITY DENTURES
THE SAME DAY
NY's Place for same day dentures for over 37 years.
Smile with Confidence

$100 off each NEW denture! EXP: 11/30
NEW PATIENT PACKAGE
MAINTENANCE CLEANING DIGITAL X-RAYS $89
With This ad only. One per patient. First visit only. Coupon expires 11/30/15
NEW PATIENTS Only
ONE DENTURE RELINE $194
With This ad only. One per patient. First visit only. Coupon expires 11/30/15
DENTURE REPAIRS AND RELINES WHILE-U-WAIT! FREE CONSULTATION
You Can't Afford to go Anywhere Else!
MOST INSURANCE PLANS & NY STATE MEDICAID WELCOME
SENIOR Cit. Discounts on new dentures and crowns
Full Service State of-the Art Cosmetic Dentistry
224 West 35th St., New York, NY 16th Floor (between 7th and 8th Avenues)
HERALD SQUARE DENTAL & THE DENTURE CENTER
Call Now!
212-689-0024
www.denturecenter.com
Cannot be combined with other offers

NBA power rankings | by James Toscano

No. 1

Warriors (7-0)

Stephen Curry finally came back down to Earth with a 2-for-10 performance beyond the arc on Saturday against the Kings, but more importantly the Warriors still won the game. Somehow, they're better than last year when they won the NBA championship.

No. 2

Cavaliers (6-1)

Everything is awesome between LeBron James and Kevin Love right now. The team has won six games in a row and Love looks involved. He was one rebound shy of a 20-20 game this weekend. But we'll know it's real when he makes one of James' Instagram photos.

No. 3

Spurs (4-2)

Everyone wants to talk about Kawhi Leonard and LaMarcus Aldridge, but the Spurs' bench is just as important to the team's continued success. Patty Mills and Manu Ginobili lead a second unit that has picked up a bench but is still working out some kinks.

No. 4

Rockes (4-3)

The ship has been righted in Houston as the Rockets are winners of four in a row after starting the season with three straight losses at 0-3. James Harden has been on a tear in those four games, averaging 38.5 points. Houston plays the Nets, Nuggets and Mavericks this week.

No. 5

Clippers (4-2)

The Clippers suffered two four-point losses to the Warriors and Rockets, the latter of which came without Chris Paul — who is dealing with a groin injury. The Clips may be deep, but not deep enough to survive without their point guard CP3.

No. 6

Thunder (4-3)

The Thunder are set to play the Wizards in Washington Tuesday night. That means Wizards fans will roll out the red carpet for Durant in hopes it helps sway his free agency decision (which will be made next offseason). If I'm a Thunder fan, I'd consider skipping this game.

No. 7

Hawks (7-1)

Well, this looks familiar. The Hawks have ripped off seven straight wins and now sit atop the Eastern Conference, just like they did in 2014-15. Hawks point guard Jeff Teague is still one of the more underrated players in the league.

No. 8

Raptors (5-2)

The Raptors were cruising through five games, but a 20-point loss to the Heat changes things quickly. Luckily, they've got the Knicks next to help get them back on track. They'll go to Philadelphia for another easy game before returning home to face the Pelicans.

No. 9

Pistons (5-1)

The six-game road trip has started off great for the Pistons, who beat the Suns and then came back to beat the Trail Blazers. Andre Drummond had 29 points and 27 rebounds against Portland. And no, that's not a typo. Things are finally looking up for a young and talented Detroit squad.

No.24

Knicks (3-4)

Move over Matt Harvey, this is Kristaps Porzingis' city now. The only question is whether or not New York is big enough to contain this monster. New York plays Toronto and Charlotte on the road before a MSG date with the Cavs Friday.

No. 29

Nets (0-7)

The Nets and Brook Lopez avoided a major injury when X-rays on Lopez's foot came back negative. Then again, it's not like he's been helping much anyways. This week's four-game west coast trip won't help their record.

NHL

For Islanders, it's time to get away

In the 1981 cult classic, "Escape From New York," Kurt Russell was tasked with rescuing the President of the United States from New York City, which had been re-created as a maximum security prison.

Things aren't quite that bad for the 2015-16 New York Islanders, but all in all, they're glad to be traveling to California.

"I think it will be good to get away to get a little team bonding," Frans Nielsen said after Sunday's 2-1 loss to the Boston Bruins at Barclays Center. The Islanders have lost five of their last eight and six of 10 overall.

The Islanders hope a chance of scenery can spark a winning streak. GETTY IMAGES

"Last year it was the California trip that kind of turned the whole season around us. So hopefully we will come back with a little confidence again."

The primary issue has been an offensive attack that has been non-existent. Dating back to the Oct. 29 overtime loss to the Carolina Hurricanes, the Islanders have scored nine goals while allowing 15 in six games.

"The guys who are scoring goals are the guys who are going to those gritty areas. Goaltenders are too good; you're not going to score from the perimeter against them. It's going to be a shot off the pads or a rebound or a greasy play in front of the net," head coach Jack Capuano said.

Capuano made another bold player personnel prior to the loss to the Bruins, as he scratched Josh Bailey in favor of Taylor Beck. Beck had three hits in 8:56 of ice time against Boston.

"We're not scoring so it's frustrating," John Tavares said. The Islanders outshot the Bruins, 37-27, but failed on six of seven power plays. "We have to work through it. It's all we can do." DENIS GORMAN

LIVING with HIV? Are Alcohol and Drugs a PROBLEM FOR YOU ?

You may qualify for a FREE and CONFIDENTIAL Research TREATMENT Study

If eligible, you may receive a smartphone and up to $220 in gift cards depending on level of participation

Contact the Substance Dependence Research Group at The New York State Psychiatric Institute

646-774-7949

Have You Had Dental Cavities?

BRANY IRB APPROVED 10/28/2015

You may be eligible to participate in a research study at **NYU's Bluestone Center for Clinical Research** to test an oral gel.

You must be at least 12 years old and your participation will involve up to 20 visits over a 5-month period.

If you qualify you could receive at no cost:

A dental cleaning

Compensation for your time and travel will be provided.

For more information, please call **212-998-9586**

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

MEDICAL RESEARCH

To advertise call Andrea Paz at 212-457-7831 or email andrea.paz@metro.us

DO YOU HAVE SEVERE FATIGUE WITH NO MEDICAL EXPLANATION?

If so, you may be eligible to participate in a research study being conducted at Weill Cornell Medical College & Mount Sinai Beth Israel. The cause of chronic fatigue syndrome (CFS) is unknown and the researchers are working to show that some patients have their illness due to brain dysfunction.

We are looking for:
- Men & Women 21 to 65 years old
- Your doctor can find no cause for your severe fatigue

STUDY PARTICIPATION INCLUDES:

A visit to Mount Sinai Beth Israel's research center for the following:
- Questionnaire about your physical and mental health
- Medical examination to determine if you have **CFS** and can participate in our studies

A visit to Weill Cornell Medical College for the following:
- Magnetic brain imaging (MRI) • Blood draw
- Urine test • Spinal tap (optional)

Compensation for your time

FOR MORE INFORMATION ABOUT THE STUDY PLEASE CONTACT:
Ms. Xiangling Mao | Weill Cornell Medical College
Phone: **(212) 746-2632** • E-mail: xim2004@med.cornell.edu
WCMC IRB# 1207012642 Approved from 8/11/2015 to 8/10/2016
MSBI IRB# 143-12 Approved from 5/22/2015 to 7/20/2016

ARE YOU A GULF WAR VETERAN LOOKING TO IMPROVE YOUR MEMORY & ATTENTION?

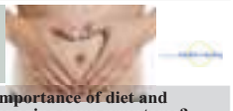
DID YOU SERVE OUR COUNTRY IN THE EARLY 1990s? YOU MAY BE ELIGIBLE TO PARTICIPATE IN A **RESEARCH STUDY** TO **IMPROVE MEMORY & ATTENTION PROBLEMS ASSOCIATED WITH GULF WAR ILLNESS.**

LOCATION: JAMES J. PETERS VAMC
130 W KINGSBRIDGE ROAD, BRONX, NY 10468
PI: JULIA GOLIER, MD | VA# GOL-12-024

FOR MORE INFORMATION, PLEASE CONTACT (718) 584-9000 X6567 OR X6587

Bronx VA Medical Center IRB Approval 8/15/15

Research Opportunity: Suffering with IBS?



Have you considered the importance of diet and mind-body approaches in managing your symptoms?

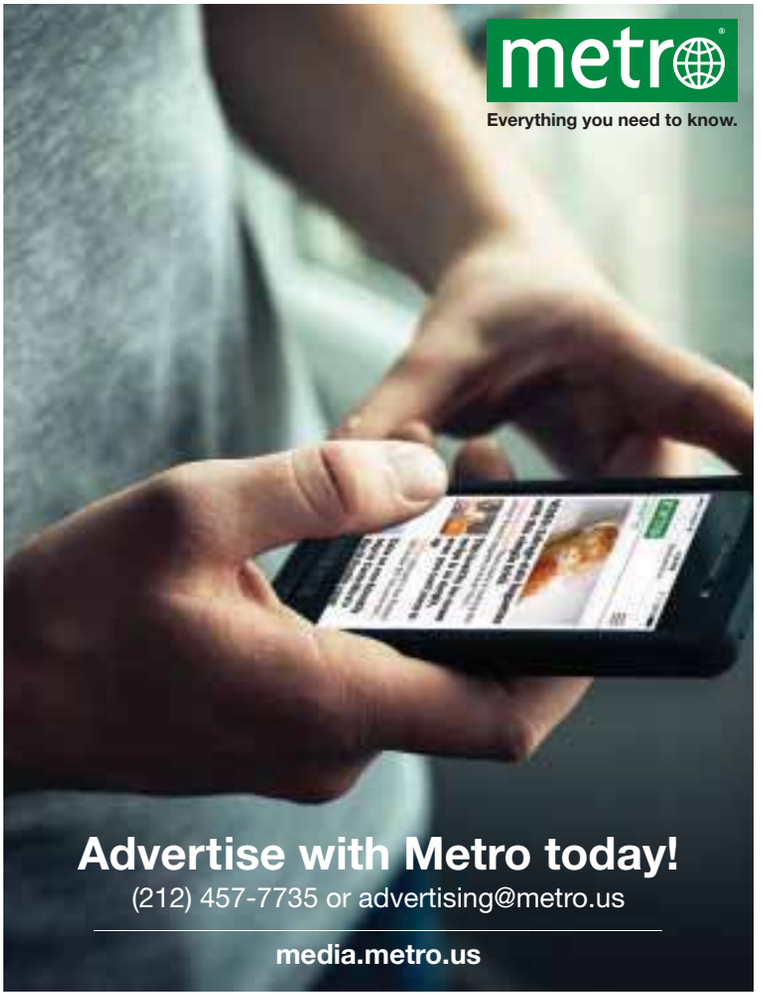
We are looking for participants who are over the age of 18 and have had a diagnosis of irritable bowel syndrome (IBS) for one year or more to participate in a research study.

Participants will:
- Be placed in an intervention group or control group. If placed in the intervention group you will participate in a 4-week group-oriented nutrition and mind-body intervention. Groups meet once a week for 75-90 minutes for 4 consecutive weeks at the Center for Health & Healing - 245 Fifth Ave, 3rd floor in Manhattan.
- At the end of the 12-week study period, participants who are enrolled in the control group will be offered the 4-week nutrition and mind-body intervention.

Questions about the project?
Contact: Elidania Perez, MS
Department of Integrative Medicine
The Center for Health & Healing
245 Fifth Ave, 2nd & 3rd floors,
New York, NY 10016
Phone: **(212) 844-5023**
Email: **eliperez@chpnet.org**

Principal Investigator:
Elizabeth McDonald, MS, RDN, CSSD
The Center for Health & Healing
Department of Integrative Medicine

IRB Approved May 2015



inflamax RESEARCH

DO YOU SUFFER FROM SEASONAL ALLERGIES?

Are you 18 years or older and have the following symptoms during spring, summer, or fall?
- Stuffy Nose
- Runny Nose
- Sneezing and Itching

Call Us!
1-888-989-1808
1-905-282-1808
Locations in Newark & Jersey Shore

We are performing allergy screening for upcoming paid research studies compensating up to $6,100

Travel compensation may be provided upon completion of allergy testing

www.SneezeUSA.com

LEGAL SERVICES

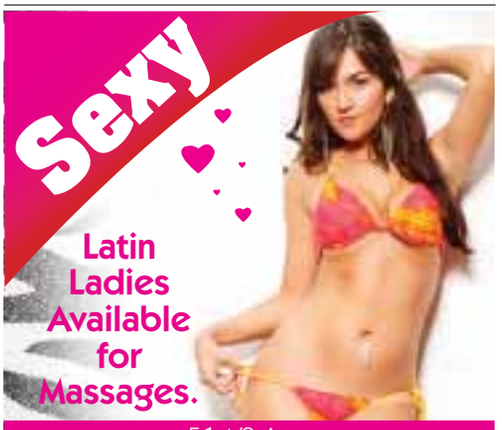
To advertise call Thomas Franke at 212-457-7751 or email thomas.franke@metro.us

DIVORCE $199
1-800-414-0333
TheDivorceCenter.com
Spouse's Signature Not Needed
Don't Be Fooled By Imposters
Plus Court Fee - Without Children - With This Ad
EXPIRES 11/30/2015

BANKRUPTCY ATTORNEY
Bankruptcy Only • Specializing in Chapter 7 • Low Fee • One Fee for All Installments • Personal Attention • Free Consultation
Jay Simon • 718.222.4619
32 Court Street, Suite 805, Brooklyn
Fresh Start with Heart

ABSOLUTE DIVORCE
Hablamos Español
80 Broad St., 5th Floor, NY, NY 10004
917-470-9661 | 212-504-2985
www.absolutedivorceinc.com
STARTING AT $249 + court fees
Must bring in ad

SPA & MASSAGE
To advertise with Metro, email peter.blankenstein@metro.us



51st/2 Ave.
347-659-4868

ITEMS WANTED

CASH FOR DIABETES TEST STRIPS - Up to $35/box! Payment Made SAME-DAY We Receive Your Strips! Call Jenni for a Quote Today! 888-413-3479 www.CashForYourTestStrips.com.

SERVICES

REDUCE YOUR CABLE BILL!
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW 877-356-0526

JOBS

General Help Wanted

Looking to Earn for the Holiday$?
We have an Entry Level Position Available
No Experience Required
We Provide Full Training
This is a Long Term Career Opportunity w/ Advancement Potential
We Offer Hourly Pay + Bonus Opportunities and Health Benefits
Call 718-210-3639

TELMKTRS F/T EXP ONLY! MADE YOU LOOK!!! Now All You Have To Do is Call. Salary + Comm. + Bonus = $8.-$12/Hr. David (212) 563-7500

Attendant/Front Desk
No exp nec/Must be 18+
No HSD/GED Required
Pay up to $19.50
Call 347-791-5543

Se necesita personal para limpieza con experienca.
Flex schedule/weekends a must. Call 646-430-5737

F/T EXP. Electricians needed ASAP. Great salary + ben. Call 718.437.6937 x101 or **hr1@horsepowernyc.com**

Guards Needed
$9-$18.50 hr. All Boros.
No exp nec. Call HR
#844-202-8950

REAL ESTATE

Rentals

Apartment for Rent
Queens, Forest Hills/Rego Park. Huge 3 bed, 1 bath for rent in Private House. Walking distance to train/rail. Student OK. Util included. Only pay electricity. $2500. Call Mayram Realty Z, Inc.
#(718) 268-9214

Rooms for Rent

Manhattan & Bronx Rooms

Private rooms in apt. Fully equipped. Start 150 wifi/cable included.
Move same day! • (212) 862-0030

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person $125wk/up room rentals
Studios $900/up
212-697-3598

All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $125/wk.
Call Us Now: (212)368-2685

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number. 1287095, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law, at 328 Douglass Street, Brooklyn, NY 11217, for on-premises consumption. Y.B.S LLC

NOTICE IS HEREBY GIVEN that a license, Number 1289316, for Beer, Liquor & Wine, has been applied for by the undersigned to sell Beer, Liquor & Wine, at retail in a Restaurant under the Alcoholic Beverage Control Law at 555 West 42 Street, New York, NY 10036 for on premises consumption. Carlos Ramirez-Morales & Liliana B. Mesa Tarazona d/b/a Green Nature Coffee House

NOTICE OF FORMATION of Inkwell Advising, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 11/01/2015. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 111 Barrow Street, New York, NY 10014. Purpose: any lawful activity.

CAREER TRAINING

JOBS
We Train & Place!
New Media Production (Audio & Video)
PCT • HHA • Medical Asst EKG/PHLE/Pharm Tech
CNA FREE Training if eligible
A+, BA, QA, SAP - Solar Tech etc
US Vets Call Now
Call: 718-263-0750
STUDENTS VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

PEST CONTROL SCHOOL & SERVICES
6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION & RECERTIFICATION IN BED BUGS, TERMITES, STRUCTURAL, FOOD PROCESSING & LANDSCAPING
BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS
1(800) 220-5494 or (718) 205-0557
pestcontrolschoolny.com | pestmanagementsciences@yahoo.com

Mandl School
The College of Allied Health
Earn your **Associates Degree** *not just a certificate*

- Medical Assistant
- Substance Abuse Counselor
  Health & Human Services
- Medical Coders & Billers
  Healthcare Administration
- Surgical Technologist
- Respiratory Therapist
- Dental Assistant
  (certificate)

CALL TODAY: 855-626-3504
Financial Aid Available*
Day/Eve/Weekend Courses
Transfer Credits Accepted
Convenient Midtown Location
VITAL CAREERS START HERE!
www.mandl.edu
254 West 54th Street
For disclosure Information visit:
http://mandl.edu/gainful-employment/
*Financial Aid available if qualified. Earn college credits

Are You HHA? Upgrade to CNA/PCT
- Nurse Aide (CNA)
- EKG & Phlebotomy
- Patient Care Tech
- Physical Therapy Aide
- Pharmacy Technician
- Med. Billing & Coding
- Medical Assistant
- CPR (BLS)

Onsite State & National Exam
AM & PM Classes
Easy Weekly Payment Plan
Licensed by NYSED
Access Careers
25 Elm Place #201, Brooklyn, NY
866-487-5432

metro CLASSIFIEDS
To place an ad call 866-900-9473

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

ENTERTAINMENT

Erotic Zone!!!
Meet Sexy Singles in Your area!
100's of Singles on line now!
CALL NOW!
800-838-2561
HOT LIVE SEXY GIRL'S
800-963-4536
18+

America's Premier Psychics Live Psychic Reading
877-998-FATE (3283)
Entertainment only 18+

Try It FREE!!!
New York's Hottest Chat Line
Meet Real Local Singles in Your Area
646-507-5155
Gay/Bi Curious Chat!
646-507-5151
Reg. LD rates apply 18+

PSYCHICS

WORLD RENOWNED POWERFUL SPIRITUALIST & HEALER
PANDITH: PAVAN
Today is your day to let go of All Negative things
IAM THE KEY TO YOUR SUCCESS
EXPERT IN READING PAST PRESENT * FUTURE
Solves Problem Like
Depression, Love, Job, Money, Business, Jealousy, Husband & Wife, Blockage etc.
I WILL REMOVE & DESTROY, BAD LUCK, WITCHCRAFT, OBEAH, JADOO, VOODOO, BLACK MAGIC, PERMANENTLY
Worrying is wasting energy on the things you can't control Leave everything in my hand
RESULTS BETWEEN 3/9 DAYS
646-461-0874
Richmondhill, NY-11419,(Pvt Home/office)

MOST POWERFUL & SUCCESSFUL SPIRITUALIST FROM INDIA
MR. VIJAY
All Nationalities Welcome
SPECIALIZED IN BRINGING LOVED ONE BACKS
Solves Problem Like Depression, Love, Job Money, Business, Jealously Husband & Wife Blockage etc.
I WILL REMOVE & DESTROY BAD LUCK, WITCHCRAFT, OBEAH, JADOO, VOODOO & BLACK MAGIC PERMANENTLY
REMOVING YOUR PAIN IS MY GOAL
929-365-9734
107-11 120 STREET, RICHMOND HILL. NY 11419

MR. MONSOUR
The man who can help you both internal and external problems in marriage, love, business and evil spirit, bad luck ,brine love ones and success in life, protection and etc..
Don't suffer in silence call 347-261-0026. Only one single call will make a difference!

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

PSYCHICS

SRI KALI ASTROLOGER
PANDITH RAVI SHANKAR
EXPERT IN:
PATRA READING
OPEN BOOK
PHOTO READING
FACE READING
Free Reading Tuesday & Saturday
REMOVAL OF BLACK MAGIC OBIYA, VOODU, EVIL SPRITS ALL RELIGIONS WELCOME (CALL FOR AN APPT.)
* HEALTH * MARRIAGE * LOVE * HUSBAND & WIFE * EDUCATION * DIVORCE * FINANCE & BUSINESS
* REMOVAL OF OBIYA * VOODO EVIL SPIRITS * SPIRIITUAL PROBLEMS * SEXUAL PROBLEMS * COURT * MONEY * BAD LUCK
PRIVATE & CONFIDENTAL NEW HAPPY LIFE
100% GUARANTEED RESULTS
718-690-4564
118-19 2nd Floor LIBERTY AVE, RICHMOND HILL NY, 11419

WORLD FAMOUS ASTROLOGER & SPIRITUALIST
PANDIT: RAMAN SHASTRY
100%
Are you disappointed meeting astrologers & not gettting solutions then meet once.
• Marriage Problems • Business Problems
• Spiritual Problem • Money Problems
• Sexual Problems • Family Argument
• House Problems • Love Problems
• Worried about loved one • Enemy Problems
• Husband Wife Problems • Jealousy
REMOVAL OF BLACK MAGIC OBIYA, VOODU, EVIL SPIRITS FOREVER. HAVE A PEACEFUL LIFE
347-341-2541
103-02 Lefferts Blvd. S.Richmond Hill NY 11419 (Private House)

POWERFUL AFRICAN SPIRITUAL READER
Highly gifted and powerful, spiritual healer fluent in English and French
All matter of life issues, Personal growth guidance and charity in finance, love, career, black magic and more.
CALL MR TASLIMY AND GET HELP
917-385-9382

PROFESSOR
OUMAR
SPIRITUAL HEALER & CLAIRVOYANT
40 YEARS EXP.
Specialize in Relationship & Love, Black Magic, Bad Luck, Business, Job Exams, Divorce, Court Cases, Immigration, Etc...Seek help from Prof. Sheikh 3/7 Days Results.
646.891.7809
646.239.4298
www.psychicoumar.com

AFRICAN ADVISOR & SPIRITUALIST
MR SHEIKH SALEEM,
6TH GENERATION OF AFRICAN MEDIUM, CAN HELP YOU OUT OF DESPAIR, SEVEN DAY RESULTS
Love specialist, Reunite lovers even hopeless cases, Business success, Release from spell, Clear Negativity, Strong Voodoo, Black Magic, Court issues, Family problems, Drugs, Careers, Exams, Gambling, Luck, Protection, Impotency/Infertility & more.
917-254-6647
116TH/7TH AVE
www.africanmedium.com

SHERIF GUINEAN SPIRITUAL& ADVISOR OVER 37 YEARS EXP.
Bring back loved ones in the quickest way. Depression, Love, Marriage, Money, Success in Exams & Business. Stop Infidelity, Clear Negativity, Court Cases, Jealousy, Blockage, Etc. Will remove Bad Luck, Witchcraft, Black Magic, Obeah Roots, Voodoo & Jadoo! Stop enemies and offer protection!
RESULTS in 3 to 7 days!
646.308.9719
www.psychicbethio.com

Mr. SAIDOU
International Spiritualist Medium & Psychic
Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.
Call 516-206-8543 and 646-339-9948
www.spiritualsaidou.com

SERIGNE
Spiritual Healer & Coach
Bring back loved one, stopped infidelity in Relationship, marriage, fixed Domestic, issues, job, success in business, court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection. Results in 7 Days!
917-679-1518
OR 646-590-9495
SpiritualRestore.com

Professor Kamoula
48 Years Experience
African Spiritual
Healer & Clairvoyant
God Gifted Psychic.
Specialized in all matter: Relationship, Marriage, Loved Ones, Fidelity. Luck&Black Magic, Protection, Family, Business, Exams, Court Cases, Addiction, etc...
Quick Results 100% Guaranteed!
Call 646.887.4749

PROFESSOR KAMOULA
48 YEARS EXPERIENCE
African Spiritual • Healer & Clairvoyant
God Gifted Psychic.
Specialized in all matter: Relationship, Marriage, Loved Ones, Fidelity. Luck & Black Magic, Protection, Family, Business, Exams, Court Cases, Addiction, etc...
Quick Results 100% Guaranteed!
CALL 646.887.4749

Julianna
I am a caring psychic who can and will help you in all matters of life such as career, family, money and most of all your relationship.
I can contact your love ones who past.
I can tell you who's your true friends and enemies.
I can remove spells that was put on you or someone you love.
See me and let me help where others have Failed!
107-37 71 ave Forest Hill New York 11375
510-689-7383
646-363-4611

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

COOKIE'S®

THE KIDS DEPARTMENT STORE

COOKIE'S
THE KIDS DEPARTMENT STORE

FALL
OUTERWEAR
SALE

20% off
METFOS

offer valid until 11/16/15
WITH THIS COUPON ONLY

IN-STORE ONLY. WITH THIS COUPON ONLY. VALID ON COATS, JACKETS & SNOWSUITS ONLY.
NOT TO BE COMBINED WITH ANY OTHER OFFER. EXCLUDES ALL MERCHANDISE FROM THE NORTH FACE.
VALID THROUGH 11/16/2015.

GUESS · Juicy Couture · HAWKE&Co · carter's · OshKosh B'gosh · THE NORTH FACE · NAUTICA · LONDON FOG · U.S. POLO ASSN. · pink platinum · Columbia Sportswear Company · baby phat · Marmot · WEATHERPROOF · VERSACE

CookiesKids.com

510 Fulton Street	982 Flatbush Avenue	265 Livingston Street	166-21 Jamaica Avenue	91-11 Merrick Blvd	1534 Westchester Avenue	567 Melrose Avenue
718-797-3300	718-287-2300	718-797-3300	718-291-7700	718-291-7700	718-991-9500	718-585-0800